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1950 Line of Duty Death Discovered

Lawrence Police facilities Manager Justin Crow found a box in the police station last month showing that a previously unknown Lawrence Police Officer, Jeremiah O'Connor died in the line of duty November 14, 1950. Above left is Jeremiah O'Connor in his police uniform. At right is Lawrence Police Chief Fitzpatrick with O'Connor's great-grandson, who is ironically a Lawrence Police Officer himself, Frank Daly.

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Valley Patriot of the Month

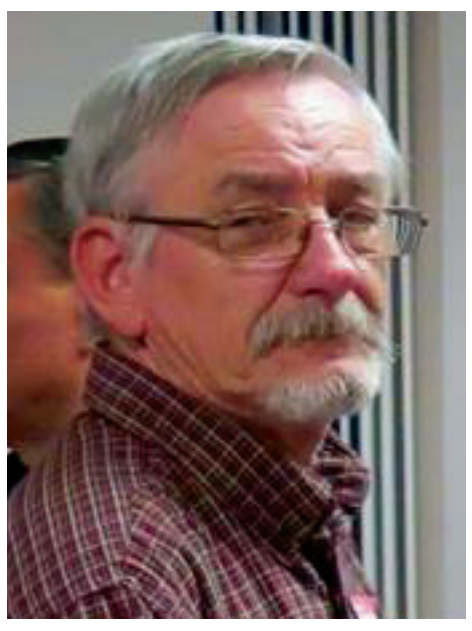
Vietnam Veteran Richard Russell

Beth D'Amato
VALLEY PATRIOT HERO REPORTER

The Valley Patriot is celebrating its 13th year in publication this month! As part of that tribute, we are spotlighting one of our very own for this month's Hero, Vietnam Veteran: Rich Russell.

Richard Lawrence Russell was born on August 17th 1946 in Lynn, MA. Rich went up through the Lynn school system and after graduation, attended Prep school for a year. He studied Civil Engineering at Northeastern University and worked as a surveyor for a couple of local companies.

Rich was eligible for the Vietnam draft when he graduated high school but received a "student deferment." However, in May of 1968 Rich enlisted in the service. He arrived at Fort Dix in New Jersey for nine weeks of basic training. According to Rich, "If you enlisted, you could request certain training or job descriptions. But if you got drafted, you had no say. You did what they told you and went where they sent you." Enlistments were for three years of active duty and three years of reserves. Once basic training was completed, Rich was sent for Advanced Individual Training at Fort Belvoir in Virginia. They wanted to utilize Rich's experience and trained him as a construction surveyor.



Rich became a Spec 4 and along with his fellow E4s arrived at the Oakland Army Terminal where they were flown by com-

HERO: PAGE 22

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Death Of The National Democrat Party

Jeff Katz
VALLEY PATRIOT COLUMNIST

As a kid growing up in Philadelphia, I was only vaguely aware of these creatures called Republicans. They were all rich country clubbing WASPS who would never have a clue how to get to my neighborhood. These Republican folks we heard tale of were completely removed from any connection with those of us who were mere mortals. Oxford Circle, where I lived, was as blue collar as it got. We had cops, firefighters, teachers and nurses on our block. We had some small business folks who worked in the trades. A painter or electrician here and there and every one of us loved our military members and our great country. And be sure that every single voter in our ward was a registered Democrat.

Over the years, as I made my way in to the real world, I watched as my political thoughts drifted a bit. For the longest time I still thought of myself as a Scoop Jackson Democrat. A relatively conservative guy with lunchbox roots instead of catered briefcase luncheons. Year after year, I felt the party of my youth drifting away from what I believed and distancing itself from what it used to espouse. I've been a Republican for a long time now, but I still pay close attention to my former political flame, kind of like an old girlfriend. Sure we broke up, but every once in a while you check to see how she's doing.

Tuesday February 28, 2017 was the date that the Democrat Party truly died in my view. On that evening President Donald J. Trump spoke to a Joint Session of Congress. I did not support Donald Trump the candidate in the primary but he is most assuredly my President and as he spoke to the assembled Senators and Members of Congress he, as Van Jones said, truly became President of the United States. He spoke eloquently and passionately about all Americans. He spoke about helping poor and rich, educated and not, black, white, male, female and those of a variety of religions. It was, in my opinion, his best speech ever.

We all understand how these speeches work. When the President throws out a specific political point, the members of his party stand and cheer while the members of the opposition remain seated. So I fully expected the Democrats to sit on their hands when President Trump talked about changing the tax code but there were two moments when the actions of the Democrats were so egregious that I am still left reeling.

President Trump paid tribute to members of the law enforcement community, then he called on Americans to work with police officers and not against them. There's nothing political about that but the Democrats did not budge. No applause and certainly no standing ovation. The party that once proudly embraced police officers was now, once again, turning their collective backs on my brothers and sisters in blue. As the Democrats have come to embrace the viciously racist, bigoted cop hating thugs of the Black Lives Matter gang, we've watched them kick cops to the curb. Democrats of my youth, many

KATZ: PAGE 24

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"WEATHER 101" WITH AL!

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Welcome to March and the continuation of the days increasing in daylight.

As we move through the month, the sun's angle will continue to get higher causing our daily temperatures to get warmer.

Meteorological winter which consists of the months of December, January, and February, are now over and we are now in meteorological spring.

During the first half of February we saw some cold weather with episodes of snow. During the second half of the month we saw a drastic change in our weather with unseasonably warm temperatures.

New record high temperatures occurred on February 23rd, 24th, & 25th. We saw high temperatures reach into the upper 60s and low 70s during these days. These high temperatures made us eliminate the need for winter coats and made some people bring out the shorts.

Why such warm weather in February?

The answer again is the jet stream tracking to our north putting those of us on the south, or warmer side, of the jet stream. This was caused by a fairly strong upper level HIGH PRESHA system off the east coast. This upper level HIGH PRESHA caused the jet stream to move north of us.

A cold front approached later in the day on Saturday February 25th. Colder air behind the front clashed with unusually warm air ahead of the front and this caused severe weather in parts of New England. A rare tornado, an EF 1, occurred in the Conway Massachusetts region. Conway is located in the western part of the state.

An EF 1 tornado has wind speeds of 86 to 110 miles per hour. This particular tornado had winds of 110 miles per hour. With this tornado, many homes had damage to their roofs. Some people had trees fall on their homes. The path of this tornado was about five miles long, and its width was 200 yards across. With the very strong wind this knocked out power to many. It was the first tornado ever to be reported in February for Massachusetts.

These warm temperatures and severe weather is something we would see more in the month of May versus February.

What can we expect this month (March)? In the past, we have had snowstorms in March even at the end of the month. However, with the sun getting higher in the sky any snow that occurs this month will not last too long. In March we can have a snow storm one day and a couple of days later temperatures can warm back up to the 60s and even 70s.

With the warmer temperatures this month and of last month, a lot of the ice on the lakes and ponds have softened. Stay off the ice! If you want to do some skating this month, find the closest public ice rink in your area.

Another cold front moved in through the night of March 1st. This cold front ended our warm weather for a time. Very cold air returned on Saturday March 4th making it feel like winter. This cold air mass did not last long as temperatures started to rebound on Sunday March 5.

The cold front on March 1st/2nd brought more strong winds to the region.

Winds are caused by differences in air pressure. Warm air contains lighter air and cold air contains heavier more dense air. As the atmosphere tries to rectify this imbalance in air pressure, it causes wind. Air rushes from the colder denser air (which can cause HIGH PRESHA to the warmer, lighter air of lower air pressure. This can result in strong gusty winds, which we saw on Thursday March 2nd. Also at this time of year we can get flooding in areas along local rivers when the ice starts to melt. When this ice moves due to melting, we call this an ice jam.

An ice jam can produce dangerous flooding and people have to avoid these areas. If you see a flooded road, never drive through this road! It can lift even an SUV off the road. Turn around and avoid this flooded road!

Next month we will recap this month's weather and take a look at what we can expect in April.

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School Committee Ambush is Unacceptable

Last month, the Methuen School Committee went into executive session (a private meeting excluding the public) for the purpose of ambushing School Committee Member Jana DiNatale.

Her offense? She dared to ask for public input on an internet survey about Methuen residency, and she did so without their permission or input.

(SEE STORY BELOW)

First, the school committee violated the Open Meeting Law by not posting the executive session meeting 48 hours in advance as required by law.

Secondly, the superintendent publicly said the purpose of the unscheduled executive session was for "litigation".

Yet, no litigation was discussed.

Adding insult to injury, none of the school board members we talked to could even remember what "litigation" was supposed to be discussed that night.

Apparently, the committee "never got to it" because they were too busy attacking DiNatale for the outrageous act of listing herself as a school committee member on a public survey.

It is hard to fathom the gall of elected officials who think they have, or should have, any right *as a body* to criticize the individual actions of a duly elected official for getting input from the public.

It's hard to understand how reasonably decent people could take advantage of their elected office, use public resources to air political grievances, and do so hidden from public view.

But that's what they did, no matter how they try to candy coat it with seemingly legitimate concerns about the way the survey was taken or published.

How dare they?

Jana DiNatale does not work for the school committee, and she sure as hell does not work for the superintendent. She works for the voters who put her there. She has every right to conduct any survey she wants, publish it however she wants, and she doesn't need the permission or input of anyone.

Period.

If members of the school committee have a complaint, or receive a complaint, about the actions of a fellow board member, they should have the testicular fortitude to pick up the phone and express their concerns one on one, as individuals and politicians ... not as an elected body tasked with the complicated role of educating Methuen's children.

While not meeting as a board, school committee members have no power and act as private individuals in the community. They do not lose their first amendment right of free speech or free association because they are elected to a board.

If the majority of the Methuen School Committee truly believed that DiNatale's actions were so damaging to the children of Methuen that they needed to address it as a body, they should have placed it on the agenda properly, given DiNatale notice, and addressed the issue in full public view.

Instead, they secretly ambushed her under the pretense of a "litigation" discussion.

Shameful.

For far too long the Methuen School Committee has operated as if it works for Superintendent Scannell and her administration, instead of the other way around.

It is laziness and complicity, and the Methuen School Committee needs to wake up. Their focus should be their own actions and inactions, instead of pointing fingers and criticizing others.

To be clear, we believe Jana DiNatale was ambushed because her survey bubbled up controversy over the issue of Methuen residency for public school students.

The insiders and rubber stampers don't like that kind of talk.

It means they have to do work. It means controversy. It means bad press. It means uncertainty at election time. It means unpleasant meetings that last long. It makes rubber stamping harder because more people are watching the meetings. It means somebody has to be silenced.

The Methuen School Committee owes a public apology to School Committee Member Jana DiNatale. They also owe an apology to the voters of Methuen.

While we recognize some of the hard work done by the Superintendent and some members of the school committee, we are not fooled about what happened on the night of January 23rd.

It cannot happen again.

And to make sure it does not happen again, The Valley Patriot has filed an official complaint with Attorney General Maura Healey's office.

Methuen School Committee Holds Illegal Meeting

Tom Duggan
VALLEY PATRIOT PUBLISHER

On January 23rd, the Methuen School Committee went into an executive session, (a meeting where the public is excluded) claiming they were going to discuss a "litigation" matter. The actual matter of litigation to be discussed was not revealed to the public, as required by law.

An email was sent to committee members on the day of the meeting (January 23rd), stating an executive session was anticipated, but did not list what was specifically to be discussed. Executive sessions must be publicly posted 48 hours before the meeting takes place

Additionally, the Methuen School Committee did not discuss any "litigation" when they held their secret session.

Instead, according to committee members, the meeting degenerated into a heated political discussion about a public internet survey taken by School Committeeman Jana DiNatale, without their permission or input.

Committee members said they were unhappy that DiNatale listed herself as a Methuen School Board member on the survey, something she is legally allowed to do.

School Committee member Nick DiZoglio said that the schools had received a complaint about the survey, and that some members of the public inferred that the survey was being done by the Methuen Public Schools. He also said he objected to some of the misinformation in the public responses to the survey.

"I think Jana has a big heart," DiZoglio said.

"I think she believes in what she is doing, but I have a problem with the way it's being done. I have a problem with some of the comments that were made on her post, and I think she has an obligation to correct false information. There were a lot of things posted that were just not right."

DiZoglio said he was also concerned that some of the comments online by members of the public "targeted children" as "being from Lawrence" and was concerned for their safety.

> *"I would not have voted that way if I knew the true reason, because I wanted to have that discussion held in public. If they want to complain about me communicating with the public, let them do it in public."*
>
> Jana DiNatale
> Methuen School Committee

BACKGROUND

As an elected school board member, DiNatale had decided, on her own, to take a public survey online to get input from the public, on matters concerning the Methuen Public Schools.

The survey was published on "SurveyMonkey" and asked for public input on issues like :

MPS does not currently require annual proof of residency for all students. Proof of residency requires parents to provide documentation, but it helps to ensure that only Methuen students are attending Methuen schools. Are you in favor of annual proof of residency for all students?

METHUEN: PAGE 5

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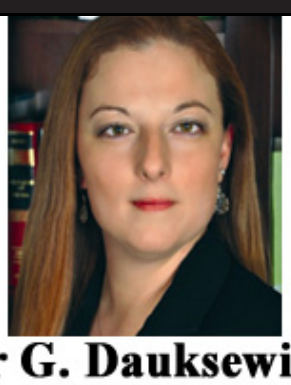

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Methuen School Officers Engage in Residency Checks!

DJ Deeb
METHUEN SCHOOL COMMITTEE

There has been much discussion on social media regarding residency requirements for students attending Methuen schools. Unfortunately, most of the information appearing on these social media outlets is not true. Methuen Public Schools works on a regular basis to ensure that all of the students attending the schools are city residents. The School Committee adopted a policy several years ago that requires proof of residency when registering students and random checks are conducted on a regular basis to ensure that this is the case. Even so, some members of the community have suggested an even tougher policy and members of the School Committee are now reviewing ways to make a good policy better and stronger. As always, I welcome community input and feedback on our policies and practices in Methuen public schools.

Methuen public schools are truly fortunate to have school resource officers in each of the school buildings during the school day while schools are in session. Every month members of the School Committee are updated by Methuen Police Sgt. Joe Aiello, the Unit Supervisor for the School Resource Officers. In addition to helping to provide traffic assistance and enforcement in school zones and monitoring bus stops, School Resource Officers have been busy conducting at-home residency checks "to insure the legal residence of students attending Methuen public schools," according to Sgt. Aiello.

School Resource Unit Officers are also trying to be proactive with enforcing residency in other ways. Sgt. Aiello reports, "School Service Unit Officers will be performing Out-of-State vehicle checks for residency compliance." In a memo dated February 2, 2017 to the Superintendent, he added, "A full report will be submitted upon completion to the city and the school department."

Finally, School Resource Officers are currently working with Superintendent Judy Scannell and Wellness Program Director Jeffrey Osgood to put together a standardized district school resource officer curriculum to be implemented at the upper grades at the elementary schools.

I want to take a moment to recognize and thank the school resource officers for being proactive and for all of their hard work in our schools. Although I support taking a look at our policy in order to see if improvements can be made, I also want members of the community to know what is being done to enforce student residency requirements currently.

We are also beginning budget discussions for FY 2018. As I wrote last month, I am disappointed to report that I do not believe that all of our tax dollars are being spent wisely and I believe that some Methuen city officials are being negligent in their oversight of these tax dollars. I feel that given the city's budget situation there should be a hiring freeze on all new positions. At the November 14th business meeting, I voted against the posting of two new part-time positions for the Methuen Public Schools, which passed based on the recommendation of the mayor, a Medicaid Billing Assistant and an MHS Auditorium Manager. There are people in place that clearly and should be performing these tasks efficiently already. It is unfair to ask the taxpayers to front additional costs for these positions even though they are supposed to bring in more revenue to the city than the cost of their salaries. I plan to be a hawk when reviewing both the proposed city and school budgets in the coming months.

On another note, the Methuen School Committee voted to appropriate $350,000 in a special meeting a few weeks ago for the lease of Google Chromebooks over the next three years. The purpose of these laptop computers is to administer the new MCAS 2.0 Test to Grades 4 and 8. Although Technology Director Ed Lussier and his team did a remarkable job securing this low bid, I take issue with the need to lease these computers as another unfunded state mandate being put on the taxpayers of Methuen. The Commonwealth of Massachusetts is now requiring that students take their MCAS tests on specialized computers. What a gimmick scheme for the big corporations! Because of this, I voted against the appropriation of $350,000 for this purchase. I reached out to State Rep. Frank Moran, who had sent me a letter earlier, explaining this unfunded mandate and how it is adversely impacting the taxpayers of Methuen. I also took the opportunity to ask Rep. Moran to push for the immediate repeal of Common Core in Massachusetts. I was told that there is a major push to do just that during the coming year. I am pleased to say that Rep. Moran was very receptive and responsive and promises to keep in touch during this legislative session. Now, if I could only get our State Senator Katy O'Connor Ives to return phone calls. Unfortunately, she has been missing in action on the important issues facing our city. Sen. Ives certainly wasn't missing to vote for the recent legislative pay raise though!

I want to take an opportunity to extend heartfelt congratulations to the Junior Reserve Officers' Training Corps (JROTC) at Methuen High School. Our JROTC was recently designated as an "Honor Unit With Distinction" during the 2016-2017 School Year by the U.S. Department of the Army. The award received by the Methuen High JROTC acknowledges "Exceptional performance in all areas of the Junior ROTC Program." Kudos to these students!

With the winter season upon us, it should be noted that the decision to close school and/or institute delayed openings rests with Superintendent Judy Scannell. All delayed opening and cancellation messages are sent out through ConnectEd phone calls to parents and staff as well

RESIDENCY: PAGE 13

Baker Appoints Andover Attorney Sal Tabit Superior Court Judge

Son of Cuban Immigrants

Massachusetts Governor Charlie Baker nominated Andover attorney Salim Tabit to serve as Associate Justices of the Massachusetts Superior Court. Last month, the Massachusetts Governor's council voted to approve Tabit.

Attorney Tabit is a Founding Partner at Broadhurst Tabit LLP, a general practice law firm in Methuen specializing in civil litigation, real estate conveyance work, small business representation, immigration and criminal defense work.

"I am extremely honored that the governor and lieutenant governor have put their faith in me," Tabit told The Valley Patriot in an exclusive interview just minutes before the Governor made the announcement.

Asked why he thought the governor chose him, Tabit said that he has always prided himself on being fair and objective. "I really don't know, I think that I have a broad range of experience in both criminal and civil matters and I'm sure that helped. I have done extensive trial work. Most of my practice has been in the Merrimack Valley which I think is why my experience has been so broad. I have taken on different kinds of cases because that's what the population has requested of me.

Tabit began his legal career in 1995 as an Assistant District Attorney in Essex County and was later assigned to the Lawrence District Court where he would serve as Head of the Juvenile Justice Unit.

In 1998, he opened his own firm, handling criminal and civil litigations focusing primarily on matters of immigration and family reunification. In 1999, he became an associate at Broad-

TABIT: PAGE 13

METHUEN: FROM PAGE 3

She then posted the survey link on her Facebook page for members of the public to comment.

PUBLIC IS DENIED
TRANSPARENCY

If the true purpose of the executive session was to address a "complaint" about a fellow board member, the open meeting law is perfectly clear;

"The individual who is the subject of the discussion may also choose to have the discussion in an open meeting, and that choice takes precedence over the right of the public body to go into executive session ."

DiNatale said she had no idea she was going into executive session to discuss herself, so she voted for it.

"They said we were going into executive session and I specifically asked the purpose. The Superintendent said 'litigation' so, I voted to go in based on that stated purpose. I would not have voted that way if I knew the true reason, because I wanted to have that discussion held in public. If they want to complain about me communicating with the public, let them do it in public."

"Had I been given adequate notice of the session," DiNatale continued, "I would have (1) had time to research my rights with regard to the session and invoked that right to have the discussion in an open meeting, and (2) had a chance to consult with the proper authorities about the legality of an executive session for the stated purpose."

Last year, the Massachusetts Attorney General's Office found that the Salisbury Board of Selectmen violated the state's open meeting law after a complaint by Patrick Higgins. The AG's office ruled that the selectmen held an illegal executive session, because they "ambiguously" listed the purpose of the meeting as "litigation". The AG's office ruled that the subject matter of the litigation must be detailed, such as: "litigation pertaining to the Smith lawsuit."

SO...WHAT ABOUT
THAT LITIGATION?

When asked what "litigation" the school committee was supposed to discuss in that executive session, none of the school board members we spoke with could remember. When contacted about the meeting, Committeeman Nick DiZoglio said that he didn't remember the litigation matter, but "we never got to it," saying a number of other things were discussed.

DiZoglio did say that he and Superintendent Scannell contacted the Massachusetts Association of School Committees (MASC) after the meeting and were told that the topic of DiNatale's survey was an issue appropriate for executive session. They did not address the legality of the meeting itself because of lack of transparency or open meeting law violations.

MASC is not a regulatory authority and could not give a final ruling on that issue. Someone would have to call the AG's office or State Ethics Commission for an official ruling.

MEETING MINUTES

School Committee member DiNatale says she had to threaten to file a complaint to get the minutes of the executive session released, and when they finally were released they were inaccurate.

DiNatale had to request the minutes be amended to include the discussion about her survey before they were finally voted on and released to the public.

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Methuen Police Department Appoints New Full-Time Officer

Methuen Mayor Stephen Zanni and Chief Joseph E. Solomon are pleased to announce that Jose Santiago has been appointed as the newest full-time officer at the Methuen Police Department.

A Lawrence native and nine-year law enforcement veteran, Officer Santiago began full-time on Jan. 22. He is currently completing the department's Field Training Officer (FTO) program before being assigned to a shift.

Officer Santiago has served as a Reserve Officer with the Methuen Police Department since January 2015. He previously worked at the Essex County Sheriff's Department from September 2007 to May 2011, at which time he also graduated from the Lowell Police Academy and transitioned to a role at Salem State University.

He remained at Salem State until January 2016, and then moved to the Bolton Police Department from February 2016 to January 2017.

In addition to Officer Santiago, Reserve Officers Patrick Fleming and Joshua Waller have been hired as full-time employees and are currently enrolled in the Northern Essex Community College Methuen Police Academy.

The academy began on Jan. 30, and Officers Fleming and Waller are scheduled to graduate in July. Upon completion, they will become permanent full-time officers at the Methuen Police Department and enter the FTO program.

"I am pleased to be adding three new officers to our roster," Chief Solomon said. "Their experience as reserve officers will certainly be beneficial to this community and our residents."

Lawrence to Spend $260K for Gun Buyback Program

Lawrence Mayor Daniel Rivera & Chief James Fitzpatrick announced today what they are calling an anti-gun violence initiative to get 1,000 guns off the city streets of Lawrence and to double the after school open gym time across the City.

Mayor Rivera & Chief Fitzpatrick submitted to the Lawrence City Council for approval, two budget items totaling $260,000 to take from Free Cash reserves.

The first item is $110,000 to conduct various "Gun Buyback" events in the City, with a goal to take 1,000 guns off the streets; the second is $150,000 to double the open gym time across the City

"Like the national and state-wide drug crisis, the growth of heroin and fentanyl sale and use in our city has given way to increased gun violence. While this violence is for the most part violence against those in the drug trade and those looking for drugs, it is just a matter of time before an innocent bystander or a non-involved member of the community is hurt or worse, these efforts are to do all we can to prevent that. So if we can take one gun off the street that would have killed or hurt someone that is a victory, and if we can give one more kid a safe place to spend their off school hours, that too will be a victory," Mayor Rivera said.

After convening a few meetings with the faith community, various neighborhoods, and non-profits, the Lawrence Police Department will conduct various "Gun Buyback" events in the City. The events will offer $100 to anyone in the City of Lawrence that turns in an operable gun anonymously. The target is 1,000 guns and $10,000 in advertisement on TV and Radio.

Using the Shannon Grant model, the Lawrence Police currently staffs "open gyms" two nights a week at one school (Tuesdays and Fridays 5:30 – 8:30 at the Guilmette School); and serves in the range of 3,000 youth. With the added $150,000 we would like to open the South Lawrence East School Mondays and Thursdays 5:30 – 8:30 bringing "open Gyms" to 4 nights per week as soon as possible.

40R Zoning and Methuen's Downtown

Linda Dean Campbell
STATE REP. METHUEN, HAVERHILL

Methuen has made some significant strides in recent years leveraging State investment in projects to renovate the High School, build the Methuen Rail Trail, and improve infrastructure as with the replacement project for the Rotary. It is very gratifying and exciting to be working with our city leaders on these projects.

Continuing to create opportunity and jobs for the people of Methuen requires us to continue building upon these successes, bringing new business and additional investment to Methuen. To that end, we are fortunate to be able to leverage the potential of our Downtown.

Starting with the Downtown Visioning Committee in the Fall 2014, I have been a part of a process with the Mayor and community leaders to redevelop our Downtown. This process will build on historic architectural gems in our Downtown District and the amazing beauty of natural assets like the Spicket River and Falls. As with Amesbury, our Downtown area has tremendous potential for mixed use, commercial business and housing for young workers, professionals, and retirees, and is a naturally beautiful area. Like Amesbury, Methuen presents development challenges because our Downtown is not in one flat, geographically concentrated area. From my perspective, this is an asset that makes our City more interesting.

Redeveloping shall require zoning changes but collectively community leaders have coalesced around utilizing a state law named "Chapter 40R" passed in 2004 that provides financial incentives to cities like Methuen for mixed use development near transit and commercial centers in specifically designated zones.

It is worth recognizing that Chapter 40R was passed in response to the challenges that cities and towns have had in dealing with the large affordable housing developments created through the "Chapter 40B" law created to promote construction of affordable housing for all age groups. Chapter 40B developments can be pursued by a developer whenever less than 10 percent of a city's housing is considered "affordable." These developments frequently put a strain on cities like Methuen by bringing in additional families without offsetting support for schools or mitigating congestion.

As someone who as a concerned citizen and, later as a city councilor has considerable experience in fighting 40B developments, the only sure way for Methuen to forestall them is to have 10% of Methuen's Housing be affordable – we have long been close to this line. As 40B developments typically offer only a paltry amount of "affordable housing," 10%, they do very little to advance us to the 10% goal, leaving us vulnerable to further force fed projects.

By contrast, Chapter 40R is a cooperative process that provides funding from the state for pursuing additional mixed use development of approximately $3,000 per unit while also providing added funding to offset school costs if the added devel-

CAMPBELL: PAGE 9

Veterans Assisting Veterans Attack Sen. Warren

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

An open letter to all Americans
By Veterans Assisting Veterans
Dear Fellow Americans,

Veterans Assisting Veterans is a group of veterans committed to assisting our fellow veterans, active military and their families and we are outraged by our political leaders at all levels of government that publicly support criminal illegal immigrants and illegal immigration. As a non-profit organization, we have raised money and supported many of our fellow veterans and causes. Each member of our board has personally seen the worst of when our government has failed our veterans.

We as an organization are deeply troubled by the continued lack of prioritization by some prominent elected members of our government. Imagine that while US Senator Elizabeth Warren organized rallies to support illegal immigrants seemingly overnight, our nations veterans have been severely suffering from an underperforming veteran's administration for decades. Imagine while the Democratic leadership of the United State Senate finds new ways to excoriate the President on a travel ban, none have stood in front of those microphones or called national media to demand that veteran homelessness be eradicated or that veterans suffering from chronic illnesses receive the same health care that Congress enjoys themselves. Especially when most veterans have risked and done more for their country than most members of Congress or the Senate.

Many Republicans for decades in Congress have shame to bear in this issue as well. Even Republican Senator and US Veteran John McCain has seemed to forget about his fellow veterans and the deep troubles at the VA… and its extremely sad.

Massachusetts Congresswoman Tsongas holds a prominent seat in Congress to help veterans and Congressman Seth Moulton is a veteran, we have high expectations that they will become loud voices in support taking care of veterans first and not illegal immigrants.

Illegal immigration is illegal. Unlike illegal immigrants, LEGAL immigrants are a benefit to our nation and always have been part of the best of who we are. Legal immigrants that become part of our society, make positive contributions to the tax base, the workforce and those who serve in our military are a national treasure. Senator Warren and others like her should know the difference between legal and illegal activity and chose instead to act out negatively in selfish political theater.

While Veterans Assisting Veterans has purchased track-wheelchairs for two combat wounded veterans, funded a WW II (Battle of the Bulge) veteran's mortgage, run concerts to recognize our Vietnam veterans and dedicated POW/MIA Chairs, we haven't seen Senator's Warren, Markey, or any member of Congress run to the microphone to help those veteran's causes. While politicians like Boston Mayor Marty Walsh concentrate on sanctuary cities, thumbing their noses at the law and reserving space for illegal immigrants to sleep in publicly funded buildings, we haven't seen one city in the United States proclaim a sanctuary city for US Veterans. While some mentally ill, drug addicted or physically ill US Veterans are in the streets panhandling, where are the nation's mayors establishing sanctuary cities for US Veterans? When is Mayor Walsh opening Boston City Halls to house veterans, providing free clothes to homeless veterans or providing a safe-haven for those addicted and mentally ill? When will he hold a press conference to do that?

Lowell, Massachusetts and its city council established a veteran's commission to provide a local voice to combat issues of veterans homelessness, heath care, identification, and jobs… what are other communities in Massachusetts and the

VAV: PAGE 17

1950 Line of Duty Death Discovered in Lawrence

Tom Duggan
VALLEY PATRIOT PUBLISHER

Lawrence Police Officer Frank Daly says he always wondered about his family legend about his Great Grandfather Jeremiah O'Connor dying in the line of duty while serving as a Lawrence Police Officer in the 1950s.

Until last week, the official records show only two Lawrence police officers have died in the line of duty in the city's history. Peter Manning was killed by a drunk driver in the 1950s, and Thomas Duggan Sr. who was beaten with a metal softball bat in 1990. Both names appear on the National Law Enforcement Officers Memorial in Washington D.C.

Now, Jeremiah O'Connor's name will be submitted to the Memorial to be added to the etched names of Law Enforcement heroes who lost their lives protecting the public.

SEARCHING FOR ANSWERS

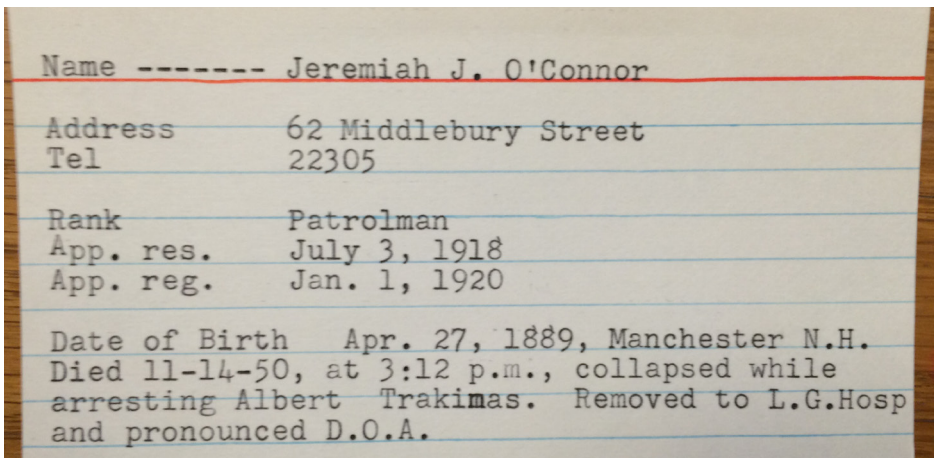
"I knew the history, there was always the family legend, but as families grow apart we kind of just left it at that," Officer Daly said.

"My grandfather died in 1995, so all the lore kind of went with him. Then I was talking to Justin Crow one day (the facilities manager for the police station) and he said he was willing to try and dig up some old records and see what he could find.

Crow did look through old archives and boxes at the police station and eventually came across a box containing Jeremiah O'Connor's photo and employment history showing he had collapsed after a heart attack while arresting a suspect.

"I had always wanted to go look it up myself at the library, it always nagged at me. But you know how things are you just never get to it."

Daly says he finally did go to the library and found an old article verifying the story that was handed down to him from his mother. "My grandfather walked a route on Franklin St. That was his beat. All the bars were on Franklin St. back then. He did that route six days a week."


Name ------- Jeremiah J. O'Connor

Address 62 Middlebury Street
Tel 22305

Rank Patrolman
App. res. July 3, 1918
App. reg. Jan. 1, 1920

Date of Birth Apr. 27, 1889, Manchester N.H.
Died 11-14-50, at 3:12 p.m., collapsed while arresting Albert Trakimas. Removed to L.G.Hosp and pronounced D.O.A.

"When my grandfather became a cop he took over his father's route and got his badge number. He retired in 1969 as a Lawrence Police Lieutenant.

DYING IN THE LINE OF DUTY

As the story was told to us, my Great-Grandfather was arresting some guy for breaking a window. While he was walking the guy to the call box he had a heart attack. The guy he was arresting knew him well, and when police arrived the guy he was arresting was trying to save him, call-

POLICE: PAGE 24

Methuen Presents Action Plan for Downtown

METHUEN -- Mayor Stephen Zanni is pleased to announce that Methuen hosted a presentation outlining a new action plan for the city's downtown today.

Building upon the work of a Visioning Committee appointed by the Mayor in 2014, members of the Department of Economic & Community Development, along with the city's design firm, Harriman, discussed improvements and development opportunities for Methuen with a group of elected officials, community members and downtown stakeholders during meetings at 11 a.m., 3 p.m. and 6 p.m. at City Hall.

Officials proposed new zoning for the downtown and the adoption of the Smart Growth Zoning Overlay District Act (Chapter 40R). This would give the city the ability to create mixed-use buildings at existing and new locations to further encourage shopping, residential and cultural opportunities that meet 21st century needs.

Chapter 40R allows communities to implement overlay districts -- a modification to zoning currently in place that promotes both residential and commercial development and rewards municipalities with additional state funding opportunities after adoption.

"Our goal with 40R is to better utilize the space we have in the city to best allow for economic development growth," Mayor Zanni said. "We want downtown Methuen to be an attractive place where businesses have the best opportunity to flourish and visitors are compelled to stop and experience all we have to offer."

Given the downtown's makeup of historic buildings and location near the picturesque Spicket River, along with its easy access to major highways and the amount of available municipal-owned land, Methuen is an ideal community for 40R zoning.

In addition to new zoning, the city identified future projects and initiatives to support five new planning objectives:

• Support and attract a set of complementary uses that will foster a full and vital downtown.

• Retain and reuse historic buildings so that they contribute to the character and economic success of the district.

• Provide access, views, amenities and places along the river as a distinguishing feature of the downtown.

• Reorganize streets, intersections, crosswalks and sidewalks to make the district more convenient, safe and easier to navigate.

• Create an eminently walkable downtown that is interesting and pleasant for pedestrians.

Future projects will include the construction of the Methuen Rail Trail this year and funding for streetscape and lighting improvements throughout the downtown.

The city also identified potential development sites throughout the proposed district, including new construction of mixed-use development projects in Methuen Square, Five Corners (intersection of Lowell, Osgood, Pelham and Railroad streets and the Central Fire Station), Four Corners (intersection of Lowell, High and Hampshire streets) and along the Spicket River.

If the city moves forward with 40R zoning and other initiatives in the plan, it could create:

• Up to 600 new residential units (450 in new construction and 150 in renovated historic buildings) to create the necessary foot traffic and critical mass to support new business growth

• Up to 80,000 square feet of retail/commercial space (60,000 in new construction and 20,000 in renovated historic buildings).

• Up to a half-mile of new Riverfront walks.

• Up to a quarter mile of the Methuen Rail Trail within the downtown area (over a mile within the city boundaries).

"This action plan gives us a blueprint to revitalize our historic downtown and positions Methuen to receive additional funding and resources to implement our vision," said William Buckley, Director of Economic and Community Development. "The new zoning will help to unlock the development potential that exists throughout the area to create a downtown we can be proud of. New private investment is required to achieve that. So much potential is there."

HAPPY 125th BIRTHDAY – ROLLINS SCHOOL

(1892-2017)

Own a piece of history and wear your T-Shirt proudly!

In celebration of this Historic Milestone, the Rollins School in Lawrence will be selling MEMORABILIA T-SHIRTS with our Anniversary Logo "Still Growing After All These Years!" Please call the Rollins School to order – (978) 722-8190

$10.00 Each

TOM DUGGAN'S NOTEBOOK

HELP WANTED! Engineer II to support product development activities related to development, design & manufacture of renal care medical equipment & devices. Send resume to HR, NxStage Medical, Inc., 350 Merrimack Street, Lawrence, MA 01843.

BOXFORD SERIES - This month we had planned on publishing part III of our series on the Boxford Police. Because of a late breaking story in Methuen (see page 3) we will be posting Part III of this series on line and then in print next month.

LANTIGUA HAS MORE CAMPAIGN FINANCE TROUBLE - Former Lawrence Mayor Willie Lantigua is planning on running for his old seat this year but the State's Office of Campaign Finances (OCPF) might have something to say about that. According to OCPF Lantigua is now being fined $25 per day (capping the fine at $5,000) for every day because of his year-end campaign finance reports are not turned in. The fines are assessed to Lantigua personally and he must use his own personal funds, instead of campaign funds to pay the OCPF fines. Looks like Willie is BAAAACK. Just as I predicted two years ago.

RIVERA VS. SUNUNU – Last month, NH Governor Sununu said publicly that the vast majority (the number he actually used was 80%) of the fentanyl in NH is coming right from Lawrence. And, on cue, Lawrence officials began to pander and get defensive that Lawrence got its feelings hurt. Just like when a Boston magazine published a story entitled "City of the Damned" that detailed the plight of the poor people in Lawrence who have to live with daily violence. Now, as they did then, Lawrence officials circled the wagons and made it an "us vs. them" publicity war. They marched in the streets, shouted silly slogans, and complained at public events. This time, Mayor Rivera even held a press conference saying how unhelpful the evil remarks by Governor Sununu were. How he was "kicking us while we are down." This is and has always been the real reason Lawrence has gotten worse instead of better over the last 30 years. What Rivera and other Lawrence officials need to do is reach out to other communities and enlist their help in managing the violence and drug epidemic in the City of Lawrence. Pretending it's about racism, labeling, or defending your people solves nothing.

RIPPING APART FAMILIES - It's funny. We hear those who advocate for citizens of other governments (illegal aliens) over the citizens of their own government (Americans) that it would be outrageous to deport illegals because we would be "ripping families apart". What makes that funny is that they have no problem with families being ripped apart when hordes of Mexican and South American children were streaming over the border without their parents, grandparents or siblings. Not one liberal advocate for illegals said "wait a minute, these kids have FAMILY, we can't let them stay here, we'd be "ripping families apart". Just thought I would point out the hypocrisy since I know so many people who disagree with me read this column.

EVENTS

MAYOR ZANNI'S St. PATRICK'S DAY DINNER TO BENEFIT DANA FARBER - Methuen Mayor Stephen N. Zanni will host his annual St. Patrick's Day Dinner at the Merrimack Valley Golf Club on Thursday March 16th at 6pm. The event will be headlined by Boston comedian Paul D'Angelo. Proceeds will benefit Dana Farber Cancer Institute. Last year's dinner benefited St. Jude Children's Research Hospital.

NEW LEADERSHIP POSITION FOR L'ITALIEN - State Senator Barbara L'Italien (D-Andover) was chosen as the new chairman of the Senate Committee on Elder Affairs, as well as a new Vice Chair position for the Committee on Bills in Third Reading. She returns to chair the Committee on Consumer Protection and Professional Licensure, as well as sit on the Committees on Redistricting, Education, and Health Care Financing.

PARENTS OF MURDERED CHILDREN SUPPORT GROUP - Have you had a child of loved one murdered? Have you wondered how other people cope in this situation? Would you like to talk to other loved ones of murdered victims? Parents of Murdered Children (& Other Survivors of Homicide Victims) Merrimack Valley Chapter holds support group meetings every 2nd Tuesday of the month. From 6:30-8:30pm at Lowell General Hospital, Saint's Campus, 2nd Floor Board Room. 1 Hospital Drive. Lowell, MA 01852. For More Information Contact Arnie and Alice Muscovitz (978) 452-5858

LAWRENCE CENTRAL LITTLE LEAGUE & BABE RUTH REGISTRATION

All boys and girls ages 4 to 18 who wish to play baseball and softball, or T-ball, must register on the following dates and registration sites below:

Where: ELAINE'S PIZZA, 234 HAMPSHIRE STREET, LAWRENCE

Get a free slice of pizza for every boy and girl that pays their registration fee at Elaine's Pizza!

Friday, March 10th, from 4PM to 8PM

Saturday, March 18, from 1PM to 4PM

Where: Central Catholic High School, 300 Hampshire St. Lawrence. Go into the parking lot, use main gym entrance.

When: Saturday, March 11th, from 10AM. to 4PM

T-Ball Teams Boys & Girls, Ages 4 to 7, registration fee $55

Cal Ripken & L.L. boys & girls Ages 8 to 12, Registration Fee is $75

Babe Ruth Teams, boys & girls Ages 13 to 18, Registration Fee is $95, Family Plan $170

All players must buy their $10 raffle ticket book at the time of registering. When you sell the tickets you keep the money then turn the tickets in.

(Volunteers are needed!)

All returning players and coaches must register on the same dates above.

All players must be accompanied by their parents. Bring a copy of your birth certificate and registration fees.

FOR MORE INFORMATION PLEASE CALL in English 978-685-0232 or Spanish 978-479-0244.

VALLEY PATRIOT BASH AWARD NOMINEES 3-24-17

The Valley Patriot BASH Committee has announced the nominees for the 2017 Valley Patriot BASH Awards. Winners will be announced at The Valley Patriot BASH, held on March 24th, at the Firefighter's Relief's In, at 6pm. GET TICKETS ON EVENTBRITE.COM

THE VALLEY PATRIOT'S 1ST AMENDMENT AWARD

Each year this award is given to two individuals who show with their actions that they value the 1st Amendment to the Constitution. Winners of this award have made a significant difference in holding public officials accountable, fought for transparency in government, the release of public documents and have fought to defend and protect our 1st Amendment right of free speech, a free press, freedom of religion and/or being a whistle-blower. They are or have taken ACTION, bold action, to make sure the public is more informed about what their government leaders and representatives are up to. Without individuals like this on the front lines in the war against a free speech and a free press, our freedoms could be lost.

2017 NOMINEES:

State Senator Bruce Tarr

Gil Medeiros

N. Andover Selectman Tracy Watson

Governor Charlie Baker

Methuen Police Chief Joe Solomon

* Prior 1st Amendment Award winners, (2014) State Auditor Suzanne Bump & State Senator Katy Ives, (2015) State Representative Jim Lyons, (2016) Dr. Bharany Padmanabhan & State Rep. Diana DiZoglio, (2016) 1ST Amendment Lifetime Achievement Award: Whistleblower: Michael R. Sweeney

VALLEY PATRIOT EDITOR'S CHOICE AWARD

Each year The Valley Patriot honors contributors for outstanding writing or creative contribution while taking the high road in public discourse and/or taking very bold stands on some of the most important issues that shape our culture and our community. Columnists, reporters, artists, and even letter writers are eligible for this award. Previous winners of this award have exposed corruption, called out elected officials for bad behavior, provided exceptional information to the public and/or attracted a whole new demographic of readers to the paper.2017 NOMINEES:

Duncan Burns

Cindy Annis

Dani Langevin

Beth D'Amato

Dr. Bharani Padmanabhan

Forest Rain

Dr. Rahmi Rustum

* Prior Editor's Choice Award winners: (2013) Joe D'Amore & Lonnie Brennan, (2014) Paul Murano & Jeff Katz, (2015) John Macdonald, Kathy Runge, (2016) Cartoonist Dave Sullivan (Lifetime achievement)

VALLEY PATRIOT PRESIDENT'S AWARD

Nominees and winners of the Valley Patriot President's Award are chosen personally by Valley Patriot Publisher Tom Duggan. Nominees are chosen for their unique and/or outstanding contribution in the operations of the paper.

2016 NOMINEES:

Brenda Rozzi

Beth D'Amato

Rick Bellanti

Keith Wlodyka

Kevin Leach

Prior Presidnt's Award winner;

(2013) Christine Morabito & Dan Selenius, (2014) Dave Sullivan & Dani Langevin, (2015) Alex Talcot, Mike Gagliardi, (2016) Janet Aldrich & Maria Fiato

Nominees for The Valley Patriot's Hero Veteran Awards, and the Officer Tom Duggan Public Safety Awards will not be announced in advance, as there are only two nominees in each category, and two winners are chosen.

The Valley Patriot has retired the "Goodwill Ambassador Award"

Previous winners are (2013) Mike Grammont & Tracey Zysk, (2014) Rich Russell & Shawn Hansen, (2015) John Bergeron & Joyce Tomaselli and Gracemarie Tomaselli, (2016) Jack Roy & Mike and Candy Colizzi.

YOUNG ADULTS SAFE PLACE SUPPORT GROUP - Young Adults Safe Place

NOTEBOOK: NEXT PAGE

FREDDIE SAYS

"Thank You Salvatore's Restaurant in Lawrence for donating dinner for the BASH!"

BASH DATE: 3-24-17

ORDER TICKETS ON EVENTBRITE.COM

Freddie also Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
978-557-8601

is a group for young adults who have lost a loved one to suicide to get together and grieve their losses. Safe Place allows survivors to talk, listen, cry, be silent, grieve, be accepted, be understood, and offer support to someone else in need in the wake of a suicide death. Meetings are facilitated by a peer suicide survivor and are confidential and free.

When: First Thursday of each month from 7:00pm-8:30pm

Beginning April 6, 2017

Where: Trinitarian Congregational Church of North Andover

Scouts Cabin, 72 Elm Street, North Andover MA 01845

HELPING FAMILIES THROUGH DEMENTIA: What Professionals Need to Know

This educational program offers CEU credits to social workers and certified case managers. We'll cover how families and caregivers are impacted by a loved one living with dementia and give you expert advice on ways you can help. Tuesday, March 14th at Methuen Village Assisted Living. 4 Gleason Street, Methuen

Registration/Light Refreshments 5:00 p.m. – 5:30 p.m.

Program 5:30 p.m. – 6:30 p.m.

IRISH HERITAGE MONTH ACTIVITIES March 2017

Saturday, March 11, 2017 – SAINT PATRICKS DAY PARADE 1:00 pm for more information visit their website www.lawrencestpatsparade.com, or email them at information@lawrencestpatsparade.com

Saturday, March 11, 2017 – OPEN HOUSE – Corned Beef Sandwiches & entertainment at the Claddagh, 399 Canal St., Lawrence, MA.

Sunday, March 12, 2017 – WHITE FUND LECTURE – ELLEN B. ALDEN, local author will discuss her book, "Yours Faithfully, Florence Burke" at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH (FREE) - Handicap Accessible

Wednesday, March 15, 2017 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10 am – 1 pm Showcase of Irish Books, CD's and DVD's – Sponsored by Division 8 (FREE) – Handicap Accessible

Friday, March 17, 2017 – HAPPY SAINT PATRICK'S DAY – OPEN HOUSE – Corned Beef Sandwiches & entertainment at the Claddagh, 399 Canal St., Lawrence, MA.

Friday, March 17, 2017 – 47th ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Reliefs' In, One Market Street, South Lawrence, MA Traditional Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band at NOON. Awarding of the Honorable John E. Fenton Citizenship Award - For more information please contact Jack Lahey @ 603 898 7766. Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 19, 2017 – DAVID D. MCKEAN , local author will discuss his most recent book, "Lowell Irish" at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm Sponsored by Division 8 AOH (FREE) - Handicap Accessible

Wednesday, March 22, 2017 - LAWRENCE PUBLIC LIBRARY - South Lawrence Branch, 135 Parker Street, Lawrence, MA: OPEN HOUSE 10 am – 1 pm Showcase of Irish Books, CD's and DVD's - Sponsored by Division 8 (FREE) – Handicap Accessible

Saturday, March 25, 2017 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 10:00 a.m. Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Sunday, March 26, 2017 AN IRISH MUSIC LECTURE/CONCERT - Music at the Steinway: Stories at the Lectern - performed by Terri Kelley at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by the Friends of the Lawrence Public Library & Division 8 In loving Memory of George Dexter Kelley (FREE) – Handicap Accessible

Vogelsinger Soccer Academy Opens for its 52nd Summer In 2017

The Vogelsinger Soccer Academy at The Brooks School carries with it a legacy of excellence in soccer education and philosophy. Founded by Master Coach Hubert Vogelsinger in 1965, these technical training programs offer players dynamic teaching through demonstration and participation, the ultimate goal is to create a method for the player to self-teach. The Vogelsinger players leave the Academy with internal motivation to reach their soccer goals.

Players may attend for one, two, or three week sessions. There are week-long residential and overnight camps for ages 6-18 at the Brooks School in North Andover, Massachusetts. The All-Star sessions provide one week of training, with each week offering a different focus. Mini-Academies run for two weeks and incorporate tactical skills and techniques into training in addition to individual skills enhancement. The three week Academy is spent progressing from individual skills training to technique, positional progression, and tactical concepts and team play.

Housed on-campus, children have the unique opportunity to experience life as an on campus student, making new friendships and lasting memories. "Vogelsinger Academy is a true legacy program that really impacts players in a positive and lasting way," states Jan O'Connor, Executive Vice President at US Sports Camps. "It's inspiring to see parents who attended these camps as children, now sending their own children to take part in the Vogelsinger experience. It really speaks to the quality of this program."

Registration for all summer 2017 locations is open now. Campers and parents can visit ww.ussportscamps.com or call 1-800-645-3226 for more information.

HISPANIC WEEK ACTIVITIES at the Methuen Senior Center, 159 Pelham St, Methuen, MA 01844

Gala Dinner - Sábado/Saturday, Marzo/March 11, 2017 - 6pm at the Days Inn & Conference Center, for information call: Marlenny De Jesus (978) 809-0619.

Cultural Fair - Sábado/Saturday, Abril/April 08, 2017 - 6pm.

Fashion Show - Sábado/Saturday Abril/April15, 2017 - 5pm.

Talent Show - Sábado/Saturday, Abril/April 22, 2017 - 5pm

Pequeñita - Sábado/Saturday, Abril/April 29, 2017 - 6pm.

Reinado/Pageant Chiquitita/Infantil, Sábado/Saturday, Mayo/May 06th, - 6pm

NEVINS 10th Anniversary Golf Tournament - Thanks to you and your generous support of last year's tournament The Nevins was able to purchase new furnishings for their resident dining and living rooms. Please join them on Monday, May 22 for our 10thAnniversary Golf Tournament. This one promises to be the best yet!

Meow Mixer- Friday, April 28, 2017, 6:30-9pm sponsored by the Billerica Cat Care Coalition at the Holiday Inn, 4 Highwood Drive, Tewksbury, MA. Hot & cold hors d'oeuvres, Cash bar, Silent Auction with fun items. Deserts donated by DeMoulas/Market Basket. Tickets:$30BillericaCatCareCoalition.org via Paypal or at Cat Doctor in Bedford or Middlesex County Animal Hosp., Billerica. $35 @ the door.

WORKFORCE DEVELOPMENT GRANTS SEMINAR - Wednesday, March 29, 2017 - 9:30am to 1pm*

*(Presentations 9:30—11pm, Individual Consultation 11-1pm), Hosted By: ValleyWorks Career Center, Location: Lawrence Public Library, 51 Lawrence Street, Lawrence MA 01841

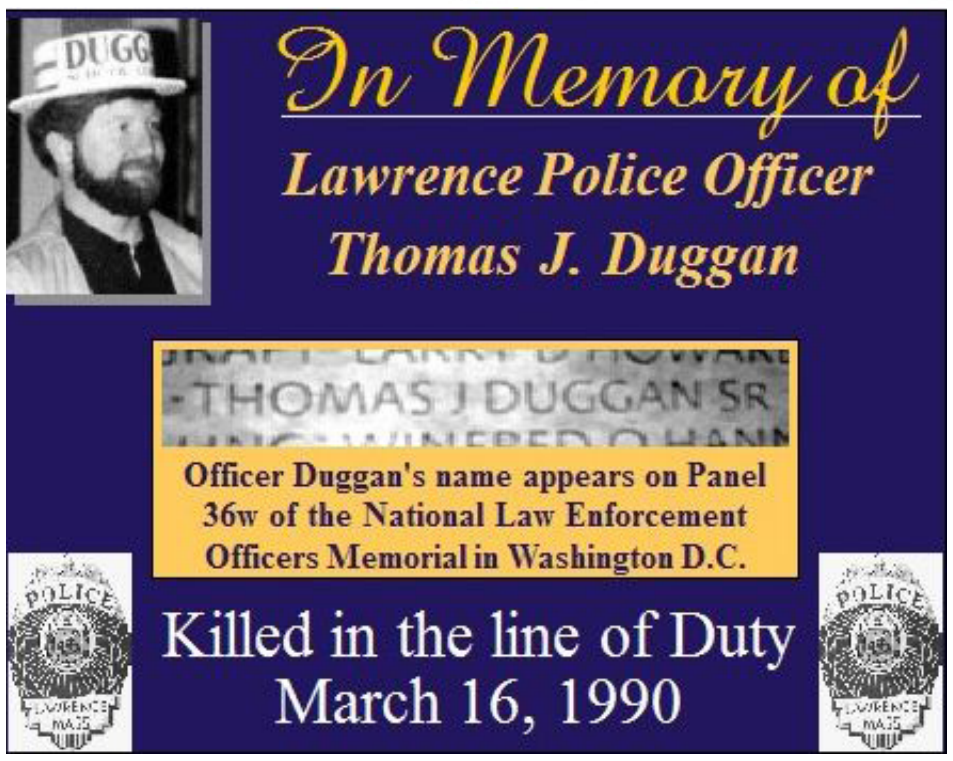
CAMPBELL: FROM PAGE 6

opment is likely to lead to an increase in the school age population. It is a process far more likely to advance us to the 10% affordable housing goal.

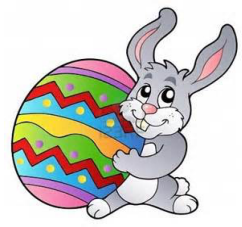
Unlike the contentious process surrounding 40B proposals between developers and community groups, 40R projects have been community building exercises. There have been 27 development districts approved throughout the state through 40R since 2004, including Downtown Haverhill. This zoning has allowed these municipalities to build their tax bases and increase opportunities for the residents of their respective cities to redevelop their downtowns for mixed use, an environment where residents can walk to both retail stores and restaurants.

I want to thank Mayor Zanni, Community Development director Bill Buckley and the Methuen City Council for making all of these partnerships with State Government a reality.

N.A.M.A.
SHERRY L. CARON
Licensed Optician
Eyes On Main LTD.
EYEGLASSES, SUNGLASSES & MORE
75 Main Street | No. Andover | MA | 01845 | 978.682.2110 | Fax 978.682.2155



Easter Bunny Breakfast
All You Can Eat Pancakes
Bacon - Sausage - Ham - Pastry - Coffee - Juice
Raffles - Family Fun
Magician - Easter Bunny - Face Painting



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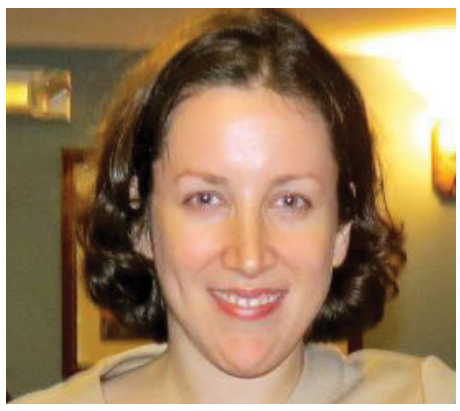
IN YOUR CORNER WITH SENATOR KATY IVES

Common Sense Updates to State Zoning Laws

Katy O'Connor Ives
MASSACHUSETTS STATE SENATOR



Last session, as co-chair of the Joint Committee on Community Development and Small Businesses, I was tasked with reviewing proposals for a major overhaul of the state's zoning laws which have become strained under modern housing pressures. The goal of the comprehensive bill passed by the Senate last session was to change local and state zoning laws in order to increase housing stock, reduce suburban sprawl and streamline the process.

Massachusetts currently has some of the highest costs for housing in the country, making it harder for families to purchase homes and for businesses to create jobs in a region that is affordable for their workers.

Although comprehensive legislation was ultimately not successful, there were important provisions contained in the bill which deserve additional attention. This session, I filed several pieces of legislation to update certain zoning laws so that communities can better plan and preserve the quality of life for their residents. Zoning directly affects every property owner in a city or town.

Through local zoning ordinances and bylaws, a municipality restricts how land can be used. Through community planning and development, zoning laws help local government preserve property values and ensure that neighborhoods are functional and safe places. Without zoning, a liquor store could open up next to a school or an industrial plant could openly operate in a residential neighborhood.

As a home rule state, most land use decisions are made at the local level and are largely made by the volunteer members of the zoning board, planning board, board of health and conservation commission. These civic-minded citizens give many hours a month to their community, sitting through lengthy hearings and rendering impactful decisions. And, they most often accept and administer this responsibility with little to no training. That's why I sponsored S.1746, An Act Providing Training for Boards and Commissions this year to require the Commonwealth to provide such training to those volunteers at no cost to them or their community. Better understanding of zoning and subdivision law, as well as the state wetlands and septic regulations, will improve local decision-making to the benefit of everyone.

The fact that the Commonwealth has a housing crisis due to the lack of adequate production of new homes is widely acknowledged. We have not had the same level of housing production as other parts of the country, contributing to Massachusetts remaining one of the most unaffordable places to purchase a home. I have sponsored S.1148 An Act Promoting Open Space Residential Development to

IVES: PAGE 13

2 Officers Sentenced for Smuggling Drugs into Middleton Jail

New Sheriff: We Have a Zero Tolerance Policy

BOSTON – Two former corrections officers at the Essex County Correctional Facility were sentenced recently in U.S. District Court in Boston for their involvement with smuggling Suboxone into the Essex County House of Corrections – Middleton for inmates.

Katherine Sullivan, 32, of Londonderry, N.H., was sentenced yesterday by U.S. District Court Judge Allison D. Burroughs to 36 months of probation, 120 hours of community service, and ordered to pay a fine of $5,000. In November 2016, Sullivan pleaded guilty to one count of conspiring with inmates to distribute Suboxone, a drug used to treat opioid addiction, between October and December 2015.

In January 2017, U.S. District Court Judge Richard G. Stearns sentenced John S. Weir, 34, of Danvers, Mass., to the same sentence after Weir pleaded guilty to conspiring with inmates to distribute Suboxone between September and November 2014. Both Sullivan and Weir have resigned from their positions as corrections officers.

The investigations revealed that Weir and Sullivan obtained Suboxone strips from sources outside the jail and smuggled the contraband into the facility when reporting for their shifts. Inmates receiving the Suboxone from Weir and Sullivan then sold the drug to other prisoners inside the correctional facility.

Essex County Sheriff Kevin F. Coppinger said, "We have a zero tolerance policy for this type of behavior and we will take swift and decisive action in all cases."

Acting United States Attorney William D. Weinreb; Harold H. Shaw, Special Agent in Charge of the FBI, Boston Division; and Essex County Sheriff Coppinger, made the announcement. Assistant U.S. Attorney William F. Bloomer of Weinreb's Public Corruption and Special Prosecutions Unit prosecuted the cases.

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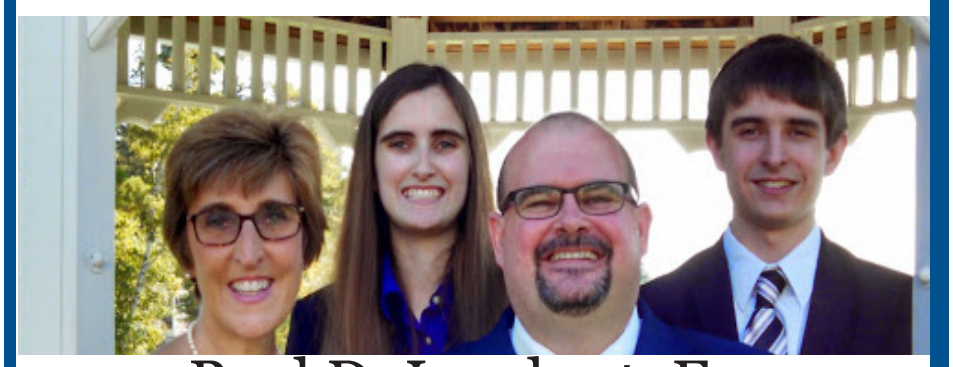

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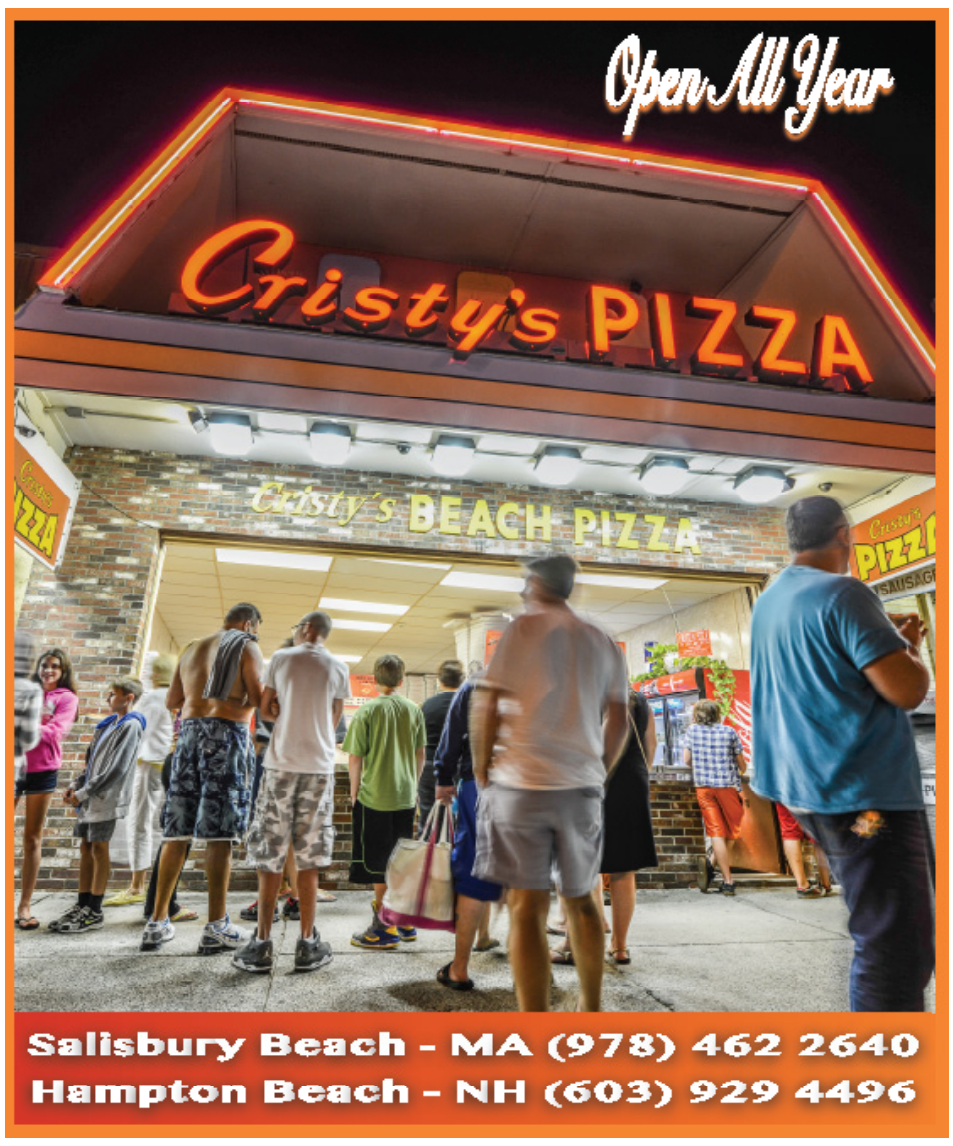

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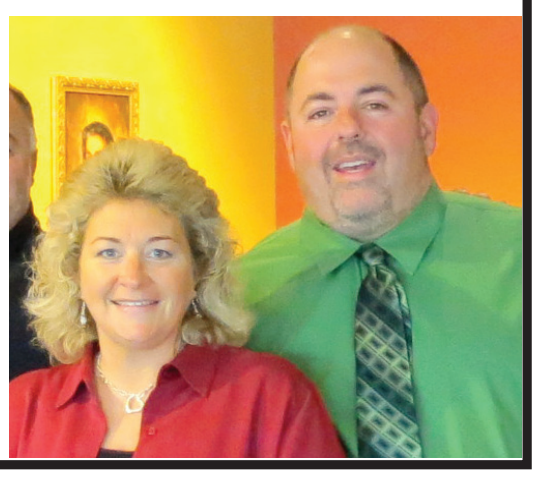

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"Congress shall make no law..."

Volume 1, Issue 1 | March 2004 | 16 Pages

Valley Patriot Exclusive!

School Committee Bills Taxpayers for Fine Dining

Tom Duggan

For the past three years members of the Lawrence School Committee have been billing the taxpayers for plush dining at the city's most expensive restaurant: One Mill Street.

Then School Committeemen Noah Shannon, Pedro Arce, Suzanne Piscitello, Nancy Kennedy and current member George Gonzalez all dined with Superintendent Wilfredo Laboy and his staff after school board meetings running up tabs worth over $1,200.00.

Documents obtained by The Valley Patriot show that state taxpayers treated members of the Lawrence School Committee to more than a dozen expensive meals between 2001-2003.

Meal reimbursement receipts show School Board members helped themselves to veal, sirloin steak, calamari, pork chops, duck, steak salad, garlic shrimp, mussels, scallops, spinach chicken, assorted appetizers and other various menu items. The meals were then billed to the Lawrence Public Schools which receives 100% of it's funding from the state and federal government.

While Superintendent Laboy's $156,000 a year contract does not include a meal allowance, he says that some of his expenses are reimbursable. "I don't have a meal allowance but it is accepted practice for me to be reimbursed for certain expenses as long as they are reasonable and sensible," he said.

"...the Ethics Commission should be informed about this. They should pay back every penny with interest and issue a written apology to the school children and the citizens of Lawrence."

Michael Sweeney
Lawrence School Committee

School Committee members, on the other hand, do not have that luxury. According to the School Committee policy (B-18) "School Committee members shall receive no compensation for their services. However, upon submitting vouchers and supporting bills for expenses incurred in carrying out specific services *previously authorized* by the Committee, Committee members may be reimbursed from district funds." This never took place regarding meal receipts from One Mill Street.

Instead, some School Committee members took advantage of their position as

Continued on Page 8

Lt. Governor Kerry Healey with Maria Marasco

Andover's Marasco Campaigns for Reform

Valley Patriot Staff

Boston- State Rep. Candidate Maria Marasco (R-Andover) received a campaign boost from Lt. Governor Kerry Healey in Boston last week at her first fund raising event in preparation for her formal campaign announcement for 18th Essex State Representative. The district spans six communities, including her hometown of Andover, North Andover, Boxford, Haverhill, Methuen and Georgetown. The seat is currently held by first term incumbent Barbara L'Italien (D-Andover).

"Maria is exactly the right kind of person who will best represent her district," said Healey. "Maria has the right kind of skills to help us reshape government in an effective way," she said. Marasco supports the governor's efforts to cut waste and mismanagement in state government.

"I will stand by the Governor and Lt. Governor to make responsible reforms. As

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Thomas Sowell
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Rabbi Goldstein on *"The Passion"*

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Senior News/Senior Centers
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Smith v. Smedile for N. A. Selectman

Valley Patriot Staff

While North Andover School Commit-teeman Al Perry has no challenger for his seat, Selectman Rosemary Smedile is facing a familiar face to the voters in her bid for reelection.

Joe Edward Smith, an engineer by trade and a union Democrat, says his campaign is about open government and representing issues important to the town voters. "There is a big difference between Ms. Smedile and myself," he said. "Before the voters decide who will represent them on March 30th it is important that they know what those difference are."

"I opposed the trash transfer station and Ms. Smedile supported it." Smith also said Smedile supported leasing half the airport land adding, "the people of North Andover clearly wanted it sold off. It is important to represent the people of the town and act on their behalf." Smith says he opposes $95,000 in raises for nonunion employees "especially at a time when we are talking about laying off fire

Continued on Page 13

Sullivan: "Absent All Auto Fraud, Insurance Rates Won't Go Down!"

Tom Duggan

"...if you call the Board of Insurance today and ask them... 'if the auto fraud goes away completely (in Lawrence), at what point will the rates go down?' They will tell you what they told me last week, they won't." ***...Lawrence Mayor, Michael J. Sullivan***

Lawrence - Mayor Michael Sullivan says that even if police investigations are capable of eliminating all auto insurance fraud in the City of Lawrence, "auto insurance rates still won't go down."

Sullivan, touting the hard work of Police Chief John Romero and the Lawrence Police Department, said that the investigations into auto insurance fraud in Lawrence were producing startling results but added, "If you call the Board of Insurance today and ask, just for example, 'if the auto fraud goes away completely (in Lawrence) at what point will the rates go down?' What they will tell you is what they told me last week, they won't."

For years, State Legislators, previous mayors and police chiefs have been telling Lawrence residents that the high auto insurance rates in the city (the third highest in the state) are the result of insurance fraud. Sullivan says that simply isn't the case.

"What we are finding out is that, what will cause rates to go down (in Lawrence) is for the rest of the cities and towns in the state to tackle fraud in their communities as well. It would have to be a statewide effort. I think the insurance companies, years ago should have been doing the investigative work that the Lawrence police are doing this year."

Continued on page 7

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-Mike Gagliardi,

Local 175 Laborers' Union of North America

Rivera: Gov. Sununu is Wrong

Last month, New Hampshire Governor Sununu called out the City of Lawrence saying "it's coming from Lawrence. 85% of the fenenyl is coming straight out of Lawrence Massachusetts." Governor Sununu is looking at ways New Hampshire police can work with police in Massachusetts to work on the drug problem in Lawrence which has affected most cities and towns in Southern New Hampshire, and beyond.

Last year, Maine Governor Paul LePage said that most of the drugs coming to his state come from "Lawrence and Lowell".

What's more, several police chiefs in southern New Hampshire and northern Massachusetts told The Valley Patriot that 60-80% of the drug dealers they arrest are from, or have just come from Lawrence. Last year, National Geographic did a documentary on the drug trade in Lawrence and how it affects the rest of the region, detailing how Lawrence is the distribution hub for most of New England.

LAWRENCE MAYOR RESPONDS

"I think it's too easy to blame people in Lawrence," Rivera told The Valley Patriot.

"Listen, we are doing all we can. We have put more cops on street, but stemming the drug trade is much more than putting more cops on the streets. It takes time to change a culture. But, we have worked pretty hard with Chief Fitzpatrick and the drug unit in Lawrence."

"When I hear police officers in other communities, or the governor of NH continually saying the problem is Lawrence, quite frankly that's why we are losing battle. If we stopped all the drugs in Lawrence tomorrow, New Hampshire and Maine wouldn't see any difference in their numbers because the dealers and the addicts will just go somewhere else. I'm not saying we don't have our problems in Lawrence, what I'm saying is that Lawrence is not 'the problem.'"

"Let's be honest here, we are not going to arrest our way out of the problem, no matter how much people think the ideal way out is to stop the drugs in Lawrence. It makes me angry again, because someone with power can't figure out how we can work together, and instead is taking jabs at us publicly. This should make every Lawrencian angry. There's no need to kick people when they are down. The answer is treatment, that's the answer."

"When someone boils down this very complicated problem of opioid addiction, for example, to what's going on in the City of Lawrence, I think that's an oversimplifying the problem. You don't need to vilify a whole group of people in one city like that. It doesn't solve anything. And yeah, I'm heated about this because it takes attention away, and makes the conversation about who's to blame, not how to solve it. That's what I told Governor Sununu on phone. I mean, I'm not going to point back at him because that's the trap. That gets everyone pointing fingers and not solving anything. I want to talk about how we treat people and get them the help they need."

"Now, some people say, 'we don't want more treatment programs in our city.' It's understandable. We have homeless shelters, treatment facilities, and methadone clinics already, and then people are surprised addicts are coming to Lawrence. I'd like to see more treatment facilities in surrounding communities too."

"What I also think the governor is wrong about is his new energized effort to come across border. It's not going to make the difference he is looking for. They have no, or very few, long term beds for addicts in New Hampshire. I still have $100 bet out there that says the state of New Hampshire has no long term beds paid for by state of New Hampshire. People in his communities can't find long tern treatment, so of course they are coming to Massachusetts and when they relapse they are taking drugs here."

TABIT: FROM PAGE 5

hurst, Lakin & Lakin, where he handled a wide variety of legal matters and often provides pro bono work in poor and underrepresented communities. He graduated from Carleton College with a B.A. in Political Science in 1991 and from Boston College Law School in 1994.

Tabit ran unsuccessfully for State Representative as a Republican in 1998 against then incumbent Barry Finegold and then again in 2010 against Republican Paul Adams. Tabit lost the primary against Adams. He is currently on the Executive Committee of the Lawrence Bar Association and also sits on the Advisory Board of the Salvation Army.

Most notably, Tabit represented former Lawrence Mayor Willie Lantigua in his recount against current Lawrence Mayor Dan Rivera, and also represented Lantigua in the two recall efforts against him. Lawrence Mayor Dan Rivera was so impressed with Tabit's work that he also hired Tabit to represent him in the three recall efforts against him once he took office.

Tabit is married to Jean Chambers Tabit of the Greater Lawrence Family Health Center and has two daughters, Catalina (17) and Isbel (13.)

"I have the utmost confidence that Bill Barrett (who was also nominated) and Salim Tabit have the temperament and dedication to serve the people of the Commonwealth on the Superior Court," said Governor Charlie Baker. Lawrence City Councilor David Abdoo said that he is happy to see the nomination of Tabit as the "son of Cuban immigrants".

"Sal is a brilliant choice by Governor Baker who has his finger on the pulse of this Commonwealth," Abdoo continued.

The Superior Court is comprised of 82 justices in 20 courthouses across all 14 counties and is a statewide court of general jurisdictions that handles a broad variety of civil litigation in matters of contract, injury, civil rights, and others with amounts in controversy exceeding $25,000. In addition, the Court oversees criminal matters including homicide, sex offenses, robbery, and financial fraud. Approximately 65% of the cases are civil lawsuits and the remaining 35% are criminal proceedings.

For more information about the Massachusetts Superior Court, visit http://www.mass.gov/courts/court-info/trial-court/sc

KATHY'S LAWRENCE NOTEBOOK

May 1 is Speak English Day in Lawrence

Kathy Runge
LAWRENCE COLUMNIST

First, I would like to thank Mayor Rivera and Governor Baker for protecting us from the snow. Snow is easy. Snow doesn't vote. Let's protect the people from the evil snow!

Mayor Rivera is proposing a gun buyback program. It's scheduled to go before the council at the first meeting of March. He's reciting the old mantra that "if it saves even one life it will be worth it." What do you say to the victims of illegal immigrants? It seems that their lives aren't so valuable.

Mayoral Candidate and current Councilor at Large Modesto Maldonado has closed his state mandated campaign bank account and not opened another. He changed his office sought from Councilor at Large to Mayor with the state in December and then closed his bank account on January 10, receiving a cashier's check for $3,587.91.

Where's the money? Is there a cashier's check sitting in a shoebox somewhere? He hasn't filed an end of year report. I'm sure he has a good excuse. I wouldn't put it past him to have done this on purpose so that he can complain about being picked on when he gets caught.

May Day: May 1 is going to be a day without immigrants in Lawrence. A person's country of origin makes no difference to me, but if the organizers really want to show us how it would be without immigrants, let's make it "Speak English Only Day." Let not one word of Spanish be uttered in City Hall.

It won't be a day without immigrants. The goal is a day without immigrants working. They'll be doing their best to be in your face. Since all of the politicians will be there they should call it a day without immigrants and politicians.

It's hard to figure out the purpose of a city that's comprised almost entirely of immigrants having a day without immigrants. Who are they going to inconvenience? I hope they clean up after themselves and get any necessary permits.

A group called Cosecha is the sponsoring organization. On their website they state "The name, Cosecha, is to honor the thousands of undocumented workers that provide food to our many tables today and for the legacy of the millions of workers that were forced to become slaves to provide for the accumulation in this country." We have lots of those people in Lawrence.

At the first organizational meeting for the event, the group handed out papers for illegals to sign to name a custodian for their minor children should they be deported.

Speaking of immigrants, how many people are going to 'immigrate' to this city for the sole purpose of running for office? State Rep Juana Matias moved here from Haverhill just to run for the State House. She's busy working to make Massachusetts a sanctuary state and voting her colleagues' raises.

We have Ruben Nieves, who is considering moving to Lawrence from Andover

LAWRENCE: PAGE 24

IVES: FROM PAGE 10

produce more housing and preserve open space. My legislation would foster greater use of "open space residential development" whereby new homes would be built closer together than would otherwise be allowed, but a substantial portion of the site would be set aside as permanent open space.

Cities and towns need more tools to help ensure that the development that does occur–whether residential, commercial or industrial is done with sound site utilization principles relative to traffic circulation and safety, pedestrian safety and access, off-street parking and loading, emergency vehicle access, storm water drainage, screening, signage and exterior lighting, consistency with character and scale of surrounding buildings and other factors. Accordingly, I have sponsored S. 734 An Act Facilitating Site Plan Review, that explicitly grants communities the ability to require site plan review of even by-right uses. Site plan review promotes responsible development by protecting the public from harmful impacts and gives communities control to determine the most appropriate use of land.

Finally, a bill I filed to extend the useful term of a zoning variance from two years to three years will give property owners more time to finance and build their projects, and will lessen the workload of local zoning boards which hear requests for extensions of time.

These bills are measured steps we can take in Massachusetts to update our antiquated state zoning laws. With these few changes, we could more easily preserve open space and create more compact housing developments through cluster development, create more predictability, expand local input via site plan review for better project outcomes, and most importantly, improve training for volunteer board members who are charged with making community-changing development decisions on a monthly basis. .

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV

RESIDENCY: FROM PAGE 5

as carried on major television and radio stations, including WCCM, the Methuen School Channel (Channel 99 for Comcast and Channel 31 for Verizon), and on the Methuen Public Schools website.

Remember your influence counts. Use it.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. Deeb also serves as Social Studies Department Chair at Notre Dame High School in Lawrence, Massachusetts. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

Francis “Gunner” Hayes of North Andover, with his copy of “Heroes in Our Midst, from the Pages of The Valley Patriot. Gunner is featured in the book and appears on the back cover.

Valley Patriot Publisher Tom Duggan donated a copy of Heroes in Our Midst for the History Library at the Rollins School in Lawrence for their 125th Anniversary. PIctured with Duggan are; Salveliz Ruiz, Kendrick Ortiz and Mario Jimenez.

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Helen Pickard, candidate for School Committee and Anne Newell on the campaign trail in North Andover. This month North Andover voters will be asked to select two members of the Board of Selectmen and two members of the school committee.

I Remember how they *Laughed* ....

13 Years and 161 Editions Ago

I REMEMBER SO WELL ...

I remember when the very first edition of The Valley Patriot was delivered to my office in Lawrence City Hall back in 2004. I had never seen anything like it. It was a breath of fresh air for free speech!

I also remember taking my share of criticism in the pages of this newspaper, but it was always fair and never personal.

Mostly, I remember when you first unveiled your vision for new standards in journalism, how you were laughed at and mocked by the political insiders and the newspaper industry.

CONGRATULATIONS ON GETTING THE LAST LAUGH!

Mike Sullivan

(Then) Lawrence Mayor Mike Sullivan in July of 2005 at the placement of our very first newspaper box on Mt. Vernon St. in Lawrence.

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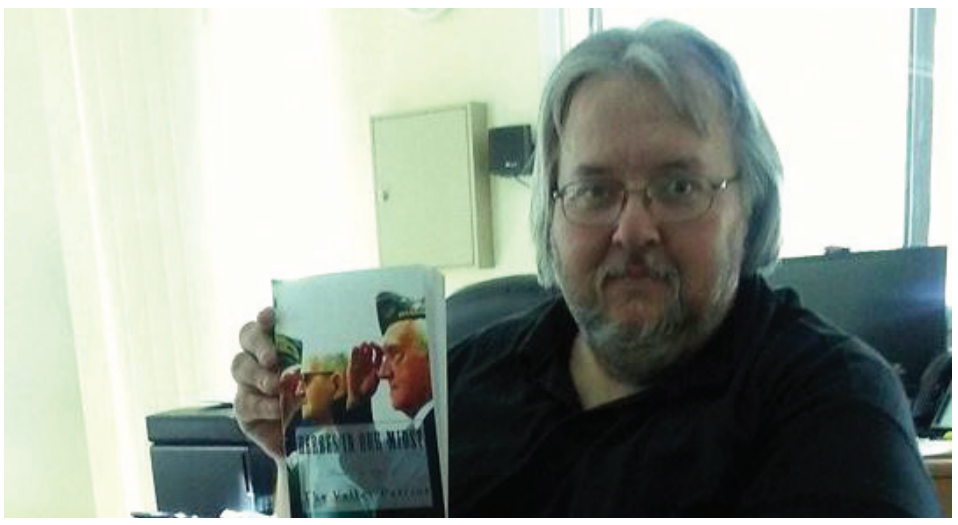

Bob Arsenault with his copy of "Heroes in Our Midst from The Pages of The Valley Patriot". Now available on Amazon and Barnes and Noble. You can also get a copy at this year's Valley Patriot BASH on March 24th.

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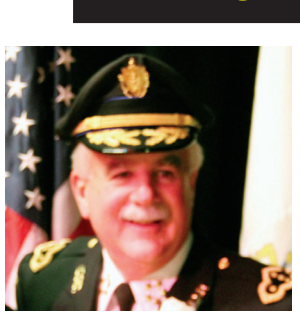

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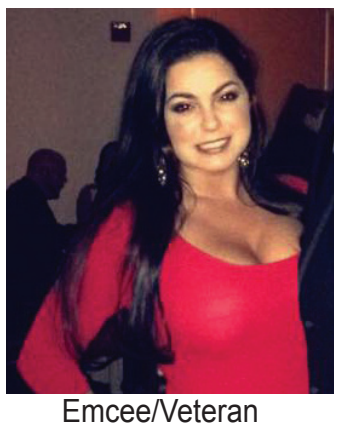
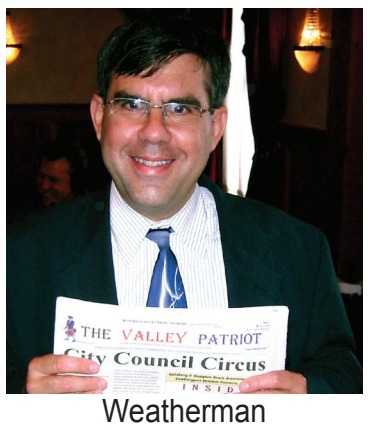


Emcee/Veteran
Toni Wakester



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Ye Gay Ol' Valley

Methuen High: Best Part of the Gay Community

Dani Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

PHOTOGRAPHS BY SARAH WONG

Take a good look at the pictures on the right. When these children go to school or are out in public, what bathroom should they each use? The picture on the left is that of a young trans boy who is now a girl. And, as you may have guessed, the picture on the right is of a young trans girl who is now a boy. Would you want the child on the left to enter a bathroom designated for males or the boy on the right entering one designated for females? People are not defined by their genitals. What defines all of us is not housed between our legs; it is housed between our ears.

We all have our own unique physical features that allow people to recognize us. We also have individual and unique personalities that define what type of person we are. Asking someone what does s/he look like is very different than asking someone what is s/he like. Case in point: As far as my personality goes, I've been told I'm funny, smart, passionate, impatient, stubborn, and driven. Physically, I've been described as short, cute, blond, brown-eyed, and athletic. Never once, however, has anyone ever said, "Oh, and she has a vagina." Neither my physical features nor my personality were choices of mine. They were both biologically chosen for me. I've tried to be patient. It just makes me more impatient. I've tried to be less driven because it becomes overwhelming, but when I set a goal or see something that needs to be done, I can't ignore it. I've even tried being straight, but that came to a heartbreaking end. My brain is wired in a way that is unique to me just as one side of my mouth is longer than the other and I have a birthmark on the right side of my face. New studies are showing that transgendered people are more biologically defined by the makeup of their brains rather than their genitalia, ie. gender identity vs. sexual orientation.

Katherine J. Wu a graduate student at Harvard University who is pursuing molecular and genetic research in medical microbiology says, "Transgender identity is independent of sexual orientation." She goes on to discuss research that's been conducted within the past twenty years by independent research teams studying the brains of transgendered people. "They examined a region of the brain called the bed nucleus of the stria terminalis (BSTc) in trans- and cisgender (heterosexual) men and women. The BSTc functions in anxiety, but is, on average, twice as large and twice as densely populated with cells in men compared to women." The research teams discovered the same thing: the brains of transgender males (born biologically female) function more like heterosexual men's brains and the brains of transgender females (born biologically male) function more like heterosexual women's brains. "Male-to-female transgender women had a BSTc more closely resembling that of cisgender women than men in both size and cell density, and that female-to-male transgender men had BSTcs resembling cisgender men."

To put it more simply, it is the brain that determines gender identity not a penis or vagina, not even chromosomes. Cisgender men and female-to-male transgender brains function like males. They think like males, identify as males, and act like males because, biologically speaking, they are males. They're brain proves it. It is the same for cisgender women and male-to-female transgender brains. They are female because that's how they are wired.

Getting back to those children in the pictures. It is estimated that there are 1.4 million transgender people in the U.S. alone. With Trump's new executive order that reverses protection for them when it comes to bathrooms, we are now going to have 1.4 million people being forced to use bathrooms for the sexual orientation that they don't think, feel, or even look like. In essence, that little girl on the top is going to have to go into the boy's room at school and the men's room in public places and the little boy on the bottom will be forced to go into the girl's room at school and women's rooms in public.

People cry wolf claiming this will increase sexual assault and give license to sexual predators. There is no statistical evidence of sexual assault by a transgender person in a bathroom-none! However, 70% of the transgender population has reported that they have been discriminated or assaulted when having to go into the bathroom of the sex that they do not identify. Take another good look at those children in the pictures again. If they were yours, where would you want them to go to the bathroom? Before you armchair quarterback or snap judge, educate yourself. Your ignorance could be incredibly damaging.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at dblangevin@aol.com

Beneath the Surface

The Meaning and Purpose of Suffering

Paul Murano
VALLEY PATRIOT COLUMNIST

There may be no greater difference between secular progressivism and Christianity than in how suffering is viewed. As part of the human condition, the world sees absolutely no value in suffering. The Christian sees it much differently. This season of Lent is a good time to reflect on and reevaluate the meaning of suffering.

First, suffering is not fun. In itself it is not a good. Second, only humans suffer. Animals feel pain, but do not suffer, for to suffer one must possess self-consciousness and the ability to reflect on one's pain - whether it be physical, emotional, or psychological. Third, no one of sound mind enjoys suffering.

There are three general ways to react to the reality of suffering. The secular progressive response is to avoid it at all costs. This, in effect, passes on suffering to someone else or others. The eastern Buddhist response is to deny the existence of self in order to deny suffering. In other words, anesthetize the patient to kill the pain. For the Christian, suffering is an evil in itself and a consequence of original sin. The Christian response, however, is neither flight (like the secularist) nor denial (like the Buddhist), but rather one of courage. It is to face it head on, and to embrace the suffering we cannot legitimately avoid.

Why? How is this reasonable? First, by doing this we do not pass on the evil to others, thereby, we avoid selfishness. Second, we do not deny reality. When we deny the reality of the self we deny both suffering and joy, and become shells of ourselves. Lastly, in one sense we all deserve suffering. The Christian knows, if we accept our crosses humbly we can satisfy justice and become better persons. Let's go beneath the surface on what this means.

Sin is the ultimate offense against God and ourselves. It diminishes our wholeness and ability to be happy, as it separates us from the Source of all goodness and life. As a cure to sin, two things are necessary: forgiveness and atonement. Christians believe God's forgiveness is now free for anyone who humbly seeks it: Christ paid the price for mankind's sin on the cross. To receive this forgiveness Catholics visit the Sacrament of Penance (Confession, Reconciliation) which Christ established for this purpose. Yet, often we need suffering in order to wake up and accept God's grace to seek His forgiveness.

Atonement, on the other hand, recognizes sin not just as incurring guilt, but as creating both injustice and illness. Accepting or embracing the suffering we cannot legitimately avoid, without bitterness or complaining, serves as expiation to redress the wrongdoing. Suffering serves also as medicine, to combat the spiritual disease of sin within. It is rehabilitative to an ego that thinks it's in total control. If we respond humbly to suffering we both 'pay the price' due to the injustice we made and we purify our souls in the process.

The current age does not understand the value of embraced suffering. For example, when college students in my ethics class stated with certainty that euthanasia was a merciful act, I asked how they were so certain. Consider this: There are two basic ways to view the question of euthanasia: a secular progressive (non-religious) perspective, and a Christian one. Let's look at both:

a) The non-religious perspective offers two options to the suffering patient: living with the suffering or total annihilation. Here, euthanasia does not relieve a person of their suffering in order to exist without it, but rather it annihilates the person forever.

b) The Christian perspective understands life as a supreme gift from God. The intentional taking of innocent human life (including one's own), regardless of circumstances, is a rejection of this gift; and hence of the gift-Giver. Therefore, euthanasia deliberately chosen with a right mind, full consent, and without repentance, is the choice for an eternity in hell. The suffering one might experience on earth isn't close to the depth of never-ending suffering experienced by those in hell.

So there is the logic. The options seem to be: a) life with suffering vs. annihilation and non-existence (the non-religious option); or, b) temporary suffering vs. everlasting suffering in hell. The choice to end suffering by killing the person is not a positive one, from either perspective.

In short, to choose the progressive answer and short-circuit a person's life by euthanasia denies the opportunity to turn suffering into a great spiritual good, and could mean the difference between heaven and hell for all eternity. This choice is not merciful, but foolish.

Life is not lived to the full with a Progressive or a Buddhist view of suffering, where physical or psychological death is preferred. Only the Christian view of unavoidable suffering, which is to take up one's cross for the purposes of expiation and purification, enable us to embrace life fully as a pilgrim journey full of joy and suffering.

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on 980 WCAP, Mondays 10-11pm (podcasts available www.facebook.com/fellowtruthseekers). He teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help Center in Burlington, and is a guitarist & singer. E-mail Paul at PJDM@aol.com

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FROM ISRAEL TO THE VALLEY PATRIOT

New Year of the Trees: A Love Story Between a People & Their Land

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

Can you imagine living in exile? Knowing that, although you have lived all your life in one place, as have your parents and maybe even grandparents, you belong to a different land?

The Jewish people lived in exile for centuries. Their religion and traditions did not allow them to forget… Maybe, most of all, it was their neighbors who did not allow them to forget that they belonged to a different land.

Jews in exile yearned for Zion, "the sun-drenched land." Its fruits became something almost mythological. If someone managed to bring them fruits of the Land, it was like receiving a small miracle, something rare and very precious.

Of course, fruits couldn't stay fresh on such a long trip. Dates, for example, could be brought from the far away land to the people in exile. This is where the tradition of eating dried fruit on Tu B'shvat began.

Tu B'Shvat is the new year for trees, celebrated according to the Hebrew calendar, on the 15th of the month of Shvat.

This is the new year for the purpose of calculating the age of trees for tithing (See Lev. 19:23-25, which states that fruit from trees may not be eaten during the first three years; the fourth year's fruit is for God, and after that, you can eat the fruit).

It is customary to celebrate the holiday by eating fruit from Israel, particularly a new fruit or one of the Seven Species described in the Bible as being abundant in the land of Israel: wheat, barley, grapes (vines), figs, pomegranates, olives and dates (honey) (Deut. 8:8).

In 1904, Professor Otto Warburg proposed establishing a Zionist Fund for the purpose of planting olive trees in Zion on lands redeemed by KKL-JNF. The Teachers' Association of Eretz Yisrael turned planting trees in to a national tradition, followed by school children throughout the country.

The Jewish people returned to the land, planted trees and made the desert bloom. Technology and dedication realized the promise of a land "flowing with milk and honey". Hills that were barren became green. The fruits of the land grew more abundant and new fruits were cultivated.

Our trees and their fruit are precious. This land gives much – when it is loved.

This year Tu B'Shavat seemed to me a holiday of sad stubbornness.

My beautiful city of Haifa is currently scarred with black patches of land that once were green.

Hills that were covered in trees are now bare. The arson-terrorism that brought fires to my neighborhood, city and in other places across the country just two months ago, has caused scars that will take years to heal.

Thankfully no human lives were lost during the fires. Many homes were lost or terribly damaged. It is difficult to comprehend the loss of memories, family heirlooms, treasures that survived so many other attacks…

Enough anguish is caused by the loss of things that can be replaced with money. How can you replace the irreplaceable?

This Tu B'Shvat new trees and flowers were planted in Haifa. Experts say it will take some 30 years for the trees to grow back to something like what we had before the fires. Their knowledge will guide the replanting to facilitate speedy, healthy new growth, in a way that is best for the land.

The green will spread before the trees grow. New plants will cover the ugly scars terrorism left behind. Our city, that was lovely in its green urbanity by the sea, will be lovely once more.

Tu B'Shvat should not have to be used in this way but it is fitting that it was. Ours is a love story between a people and their land, between a land and its people.

Hate so ferocious that it is willing to

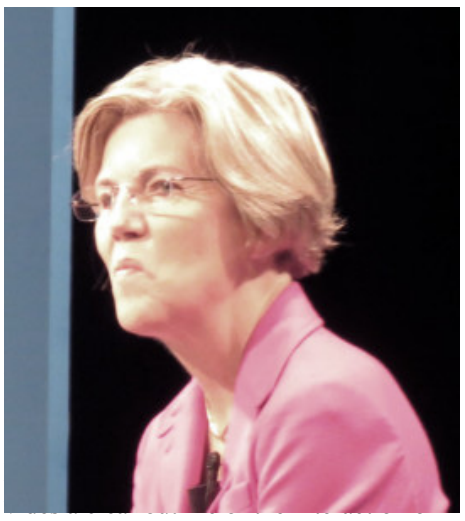
ISRAEL: PAGE 23

Senators Ask Justice Dept. to Uphold Existing Policy on State Marijuana Laws

Washington, D.C. - A bipartisan group of U.S. Senators, including Senators Elizabeth Warren (D-Mass.), Lisa Murkowski (R-Alaska), Patty Murray (D-Wash.), Ron Wyden (D-Ore.), Jeff Merkley (D-Ore.), Maria Cantwell (D-Wash.), Ed Markey (D-Mass.), Brian Schatz (D-Hawaii), Catherine Cortez Masto (D-Nev.), Cory Booker (D-N.J.) and Michael Bennet (D-Colo.) today sent a letter that calls on Attorney General Jeff Sessions to request the Department of Justice (DOJ) uphold its existing enforcement policy regarding states that have voter-approved marijuana laws.

The letter was prompted by White House Press Secretary Sean Spicer's remarks during his briefing on February 23rd, suggesting that the public would soon see "greater enforcement" against any state that has legalized use of the drug.

"It is essential that states that have implemented any type of practical, effective marijuana policy receive immediate assurance from the DOJ that it will respect the ability of states to enforce thoughtful, sensible drug policies in ways that do not threaten the public's health and safety," the senators wrote. "This ensures that state infrastructure, including tax revenue, small businesses, and jobs can be pro-



state and federal laws regarding marijuana use. According to the memorandum, enforcement of marijuana-related activities should be addressed primarily by state regulatory bodies and local law enforcement in states with "strong and effective regulatory systems" already in place.

To date, eight states (Alaska, California, Colorado, Maine, Massachusetts, Nevada, Oregon, and Washington) and the District of Columbia have passed laws allowing for the recreational use of marijuana, 28 states have medical marijuana laws, and 21 states have decriminalized the use of marijuana.

VAV: FROM PAGE 6

United States doing? The answer is many are too focused on illegal immigrants who don't belong here.

Some would proclaim that Senator Warren and others like her are expressing compassion for those who seek a better life. What about the compassion for the US Veteran who already committed their lives to protecting her and her misguided antics? What about having compassion for the US Veteran, your fellow citizen, your neighbor, your fellow taxpayer, the person who's protected you and given you the right to painfully ignore them? Where's your rally for US Veterans Senator Warren?

Veterans Assisting Veterans is outraged at the selfish blatant ignorance of the politicians that have chosen illegal immigrants over US Veterans. We ask that the American public join our cause and our passion for helping bring attention to this issue. We thank those public officials that have helped our veterans and ask you to support them. We ask you to support those public officials that understand that we have real problems that need attention here in America and real problems that need to be addressed in ensuring that the US Veteran is taken care of first and before anyone that is illegally placing an economic and psychological burden on all of us.

John MacDonald is a board member and spokesman for Veterans Assisting Veterans.

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Rheumatoid Arthritis vs. Osteoarthritis

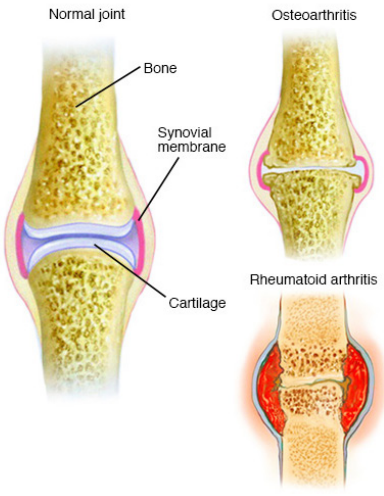
Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

"Doctor, yes I was told I have arthritis. Now you are telling me that I have Osteoarthritis?? How come?".

This question is typical one which I hear at least 2-3 times every day as many patients affected by arthritis don't know the differences between the major two types of it. After explaining the nature of each one, I usually use pictures showing the differences between the 2 types:

Rheumatoid Arthritis

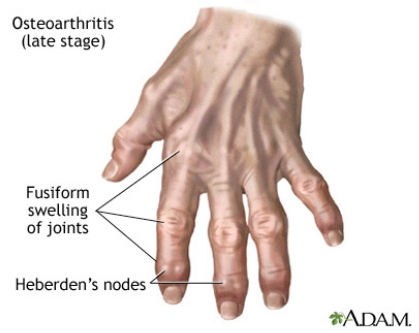
Rheumatoid arthritis is a destructive autoimmune joint disease that features inflammation in the joint lining tissue (synovium) that normally produces lubrication and nutrient fluid for joints. When this tissue remains inflamed, it leads to deformity (by loosening joint ligaments) and to joint destruction (by eroding away cartilage and bone). Rheumatoid arthritis is an autoimmune disease characterized by an overactive, misdirected immune system. In rheumatoid arthritis, the misdirected immune system attacks the joint lining tissue leading to destructive inflammation of the joints. Ligaments, cartilage, and bone can all be damaged from rheumatoid arthritis.



Rheumatoid arthritis is also a systemic disease, meaning that it can additionally involve tissues throughout the body, including the lungs, skin, and eyes. Rheumatoid arthritis tends to affect many joints symmetrically on both sides of the body. The inflammation of active rheumatoid arthritis is characterized by joint stiffness in the morning lasting over 30 minutes.

Osteoarthritis

Osteoarthritis is a disease of the cartilage of joints. Osteoarthritis is not a systemic disease and not an autoimmune disease. Osteoarthritis is partly a result of natural aging of the joint. With aging, the water content of the cartilage increases, and the protein makeup of cartilage degenerates as a function of biologic processes. Eventually, cartilage begins to degenerate by flaking or forming tiny crevasses. In advanced osteoarthritis, there is a total loss of the cartilage cushion between the bones of the joints. Repetitive use of the worn joints over the years can mechanically irritate and inflame the cartilage, causing joint pain and swelling. Loss of the cartilage cushion causes friction between the bones, leading to pain and limitation of joint mobility. Inflammation of the cartilage can also stimulate new bone outgrowths (spurs, also referred to as osteophytes) to form around the joints.



Osteoarthritis occasionally can develop in multiple members of the same family, implying a hereditary (genetic) basis for this condition. Osteoarthritis is, therefore, felt to be a result of a combination of each of the above factors that ultimately lead to a narrowing of the cartilage in the affected joint. Osteoarthritis is sometimes referred to as degenerative joint disease.

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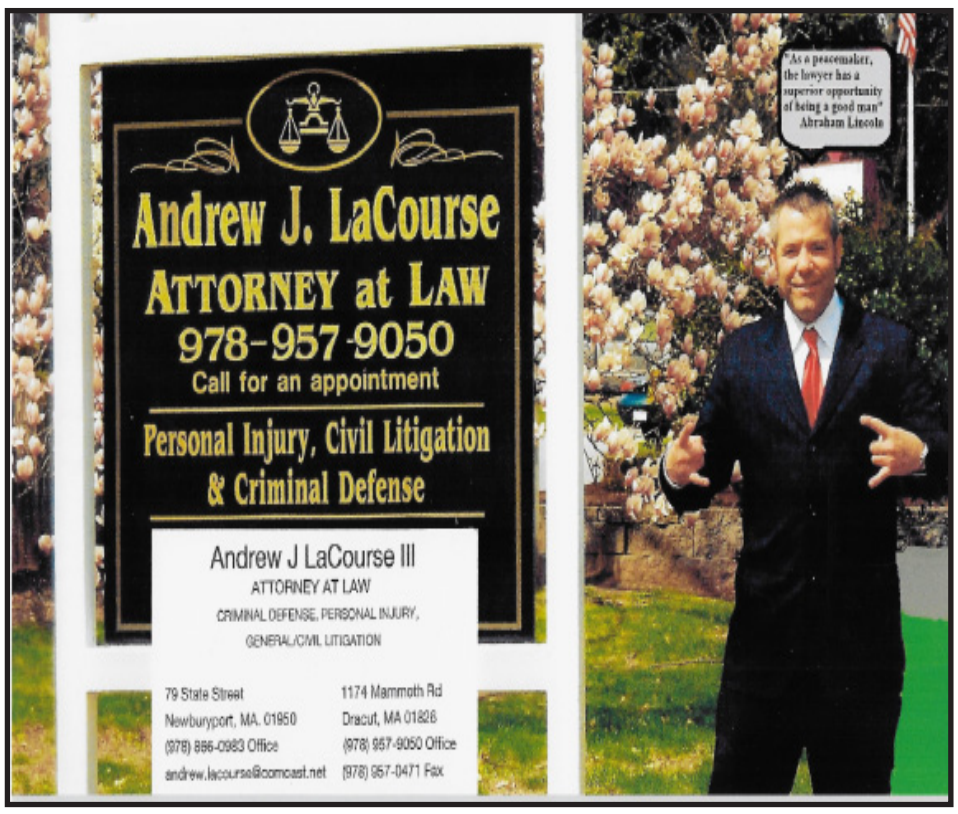

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Mass. Medical Society Publicly Supports Foreign Muslims But Not Mass. Doctors

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Recently in response to an Executive Order from President Trump which sought to delay by 3 months the entry of citizens from 7 countries singled out by President Obama, the Massachusetts Medical Society issued an opposing press release and all but joined with Mass. Attorney General Maura Healey in the Anti-Trump Resistance.

Said MMS President Dr James Gessner "When physicians are targeted based on their nation of origin, it has the potential to stifle innovative medical research, hinder patient access to care, and violate our fundamental commitment to all patients. The MMS is proud to support physicians of all backgrounds who share a commitment to improving lives."

The Society of course was perfectly within its rights to do so. But it stuck out like a sore thumb to me because the Society has never ever issued a press release in support of local doctors who stood up for their patients and the standards of their profession only to be crushed by the Massachusetts Board of Medicine in retaliation.

Four years ago I emailed the then President Dr. Aghababian to ask him what the Society did to help whistleblower doctors who were being crushed by the Board in retaliation. Dr. Aghababian wrote back that such things did not happen here.

Fri, Nov 16, 2012 at 8:53 AM

Richard.Aghababian@umassmed.edu

"I am not aware of any such cases in MASS. RA"

So I emailed current President Dr. Gessner requesting him to issue a press release in support of Dr. Sheldon Schwartz who blew the whistle at Arbour Hospital and is being crushed by the State Medical Board, as we speak.

After all, if the Society can issue a press release in support of Muslims who are still outside this country and whose visas would be delayed by 3 months, it can very well issue one in support of Dr. Schwartz, who has been here for 20 years, has a public track record of upholding the highest standards of the medical profession, and has been a loyal member of the Society to boot.

I wrote:

"It does not escape anyone's attention that the MMS has issued press releases in favor of foreigners but has never stood up to protect deserving local physicians from the state medical board, specifically whistleblowers such as Dr. Sheldon Schwartz who is facing severe retaliation from UHS' Arbour Hospital via the institutionally corrupt

State Medical Board. Why is there an MMS press release about foreign Muslims but not about Dr. Schwartz?

I can never forget a previous MMS President denying that whistleblower retaliation even exists here in Massachusetts. (pasted in below)

And then there is the ongoing travesty involving poor Dr. Nadolny where the board is refusing to return his license despite a total smack-down of the board by the DALA magistrate.

See http://valleypatriot.com/state-med-board-suspended-dr-just-to-make-nice-with-charlie-baker/

Why is there an MMS press release about foreign Muslims but not about Dr. Nadolny?"

Dr. Gessner eventually did email me back. "Please be aware that we share your concern for our fellow physicians and that we are actively engaged in advocacy with the Board throughout the year on a wide variety of matters that affect physicians and the practice of medicine.

MMS, however, is not advised of every case concerning an individual physician that goes before the Board and many cases are subject to executive sessions. With regard to individual physicians, who are generally represented by legal counsel, we would not consider involvement in any proceedings before the Board without a request from the individual physician."

His email, clearly drafted by a lawyer for the Society and not an email one doctor writes to another, totally avoided the issue of a press release by falsely claiming I had asked the Society to intervene in individual legal proceedings before the Board.

No real doctor would have written this. But the message is clear. The Massachu-

MMS PAGE 21

Robin's Kitty Corner

Meow Mixer

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

It is no secret that I am passionate about helping animals. More specifically, I am involved in cat fostering and cat rescue and I perform Trap-Neuter-Return (TNR) for the MSPCA. Although I volunteer for the MSPCA, I am always pleased to learn of other organizations that are involved in cat rescue. I recently had the chance to speak with Diana LeBlanc, who is a volunteer with Billerica Cat Care Coalition (BCCC).

The BCCC is a cat rescue and adoption organization that was started in 2004 and is based in Billerica, MA. The BCC provides protection and humane treatment for feral and abandoned cats, as well as owned cats and kittens. They also provide education and outreach to pet owners and the public.

BCCC implemented a Trap-Neuter-Return (TNR) program for the feral cats in their area in order to provide a humane means of dealing with feral cat overpopulation. They participate in a monthly spay/neuter clinic which is held at Nevins Farm in Methuen. The cats are trapped and transported to Methuen where volunteer veterinarians vaccinate and spay or neuter the cats. While under anesthesia, the cats left ear is "tipped" so that the cat can easily be identified as already spayed/neutered to help prevent the cat from being trapped and transported again. The following day, the cats are released back to their neighborhood where there are people who provide shelter and food for them.

TNR is a program that is being practiced by many rescue organizations as a humane solution for dealing with feral cat overpopulation. TNR helps reduce suffering and helps alleviate the problem of multiple litters of kittens being born in the wild—many of whom do not survive. TNR helps to reduce the number of homeless cats and helps eliminate the nuisance behavior that is often associated with feral cats, such as fighting and marking of territory. TNR also helps to reduce the number of cats and kittens that are surrendered to local shelters and therefore increases the rate of adoption for the animals that are already in the shelters.

In addition to TNR, BCCC offers advice and assistance to residents dealing with stray or abandoned cats that are not feral, and cats that need to be re-homed. BCCC will help with both fostering and adoption. BCCC does not operate an animal shelter, so all of their adoptable animals are cared for in private foster homes. The cats are adopted out using social media and websites such as Petfinder and Adopt A Pet. BCCC also participates in Meet and Greet events where the public can see many of their adoptable animals at once.

BCCC works closely with local animal control officers and helps assist in cases where medical treatment is needed for injured cats. BCCC is a non-profit organization that relies on donations in order to operate. They hold several fundraising events each year which help pay for veterinary care and food for the feral and foster cats in their program.

Their annual "Meow Mixer" will be held on Friday, April 28, 2017, at The Holiday Inn, 4 Highwood Drive, Tewksbury, MA. The event is from 6:30-9 PM and features hot and cold hors d'oeuvres, a cash bar, desserts, and a silent auction.

Tickets for the event can be purchased online at www.billericacatcarecoalition.org or in person at The Cat Doctor in Bedford, or Middlesex County Animal Hospital in North Billerica.

Tickets may also be purchased at the door for $35 on the night of the event. Please come out and support The BCCC and help save some cats!

You can email Robin at robinjd@comcast.net

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IN THE GROOVE with Cindy Annis

The Duke of Earl

Cindy Annis
VALLEY PATRIOT VINYL COLUMNIST

Welcome back to our next installment! Eugene Drake Dixon is one, of only a handful of artists to chart in Doo-Wop, Rhythm & Blues, Soul, & Disco eras of music! There seems to be very little on his childhood, but let's see what we can find. Come on!!

Gene Chandler was born on July 6, 1937 in Chicago Illinois. His real name is Eugene Drake Dixon. His 1962, #1 record, "Duke of Earl," isn't just a great song, it's Gene's nickname.

At the young age of six, Gene sang "Danny Boy" at a picnic. The little boy was so well received that he was put into the junior choir at his family's church, and from there to the senior choir group. By the time he got into Englewood High School, he was singing with a group called the Gaytones and won a high school singing contest with the group. In 1957, Duke started singing for a group called The Dukays. Just after he became the lead singer for them, he was drafted into the Army. He was discharged in 1960 and rejoined the Chicago group. Although the Dukays didn't make the Billboard top 40, they did have a #64 song called "She's a Devil" in 1961 and a #73 song called "Nite Owl" in 1962. Both songs came out on Nat records and were produced by Carl Davis and Bill Sheppard. During the Nat recording sessions, Duke of Earl was recorded, but sent out to Vee-Jay records and the artist credit was given to Gene Chandler.

Vee-Jay Records released "Duke of Earl" in 1962 and it went right to #1 and sold over a million copies in just over a month, giving it the gold record status by the Recording Industry Association of America. The song spent three weeks at #1 on the Billboard's charts! This changed everything for Chandler. This is when Eugene Drake Dixon actually changed his name to Gene Chandler. He went out and clothed himself with a top hat, a cape, a cane and even a monocle. He sold himself as The Duke of Earl. This song quickly became his closing song at concerts. He'd come out all decked out in his new outfit and he would leave the crowd screaming for more. If you check out Chubby Checker's movie, "Don't Knock The Twist," you can catch the Duke of Earl doing his song.

By 1963, Gene left Vee-Jay records, and signed on with Constellation records. After the record company went bankrupt in 1966, he started recording with both the Chess and Brunswick record labels. These two labels took turns releasing the Duke's recordings. As the 1960s came to a close, Chandler stopped touring and concentrated on writing and producing. He purchased Bamboo Records and moved the company to Chicago. There, he produced the #10 Mel and Tim hit "Backfield in Motion". While producing songs for other artists, Chandler came out with another hit single called "Groovy Situation". The song came out in 1970 on the Mercury record label, and reached #12 on the Billboard charts and #8 on the R&B charts. This was his second biggest recording, also making gold by the RIAA, selling over a million copies. Remember the movie, "Anchorman?" "Groovy Situation" was used there, too.

By 1974 Chandler was working as a producer at the A&M record label. His career at the record label ended in 1977 when he pleaded guilty to selling drugs in May of 1976. The 36-year-old spent a year in jail, and had three years of probation. Bad Boy!! This didn't stop the Duke Of Earl. Wolfman Jack but together a traveling revival group, and The Duke was right there in the midst of that. He lives in Chicago, nowadays and still draws a great crowd. They just named a street after him back in December. It's in his old neighborhood. It's called Gene Chandler "The Duke of Earl" Way. He's about 79 years old, now. So it's true, nothing can stop the Duke of Earl.

DUKE: PAGE 21

TV TALK WITH BILL CUSHING

Bill's TV Talk Mailbag

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

From time to time, my column will feature questions asked by readers regarding the world of TV. Feel free to email me with any questions you may have about TV at BillsTVTalk@gmail.com, and I'll do my best to answer you and may feature your question in a future column. Here's what we got!

I'm really enjoying Lethal Weapon. I hope it's doing well and is going to get renewed. Have you got any news about that? – Jo-Ann from Methuen, MA

Jo-Ann, I've been enjoying it too, it's a fun show. Lethal Weapon has been doing well for FOX. So well, in fact, that it has been renewed for a 2nd season.

Please give me something on The Leftovers final season. It's one of my favorites and I need some scoop! When is it coming back? – Sam, Lawrence, MA

I can tell you that all of the cast will be returning and this season will take place in Australia. Executive producer Damon Lindel of recently said that Season 3 may not feel quite like The Leftovers to which fans are accustomed. Besides the new Australia locale, it's also, obviously, "ending, and that's infusing it with a certain degree of energy that's different, perhaps, than the previous seasons." Carrie Coon was recently asked about how the series will end and she said, "In my humble opinion, the ending is satisfying. There are a lot of directions the show could've taken, and, I feel in my Nora Durst heart, that they chose the right one. I approve of the direction the show went with." We'll find out if we agree when the highly anticipated 3rd and final season premieres on HBO, April 16th.

Bill, I read your recent column on Timeless, and on your advice I binge watched it. I'm glad I did, I loved it. I hope that it's coming back for a second season. What can you tell me? - Kathy from Salem, NH

Thanks for reading Kathy! Right now the chances of Timeless getting renewed for a 2nd season are about 50/50. One thing that could help is that the last few episodes saw an increase in the ratings compared to the rest of the season. NBC probably won't make a decision until May. I'm hoping it comes back too. The season finale set up some nice storylines for a second season.

I was always a big Twin Peaks fan, and I'm really excited that it's coming back. Anything you can tell me about the revival? – Mary from Newburyport, MA

Mary, details surrounding the new season of the series have been very scarce. What I can tell you is that the show will return on Showtime with a two-episode, two-hour premiere on May 21. The third and fourth episodes will be made available online immediately after the premiere. The season will consist of 18 episodes and have a massive cast of 217 actors. Most of the original cast will be returning.

I'm hooked on This Is Us. How long are they going to keep us hanging about how Jack died? Will we find out this season? - Paula from Lowell, MA

Well Paula, with the first season coming to end on March 14th, my guess is that some light may be shed on Jack's death in the season finale. Lots of rumors are flying around about how Jack died. Did he die in a drunk driving accident? Did he take his own life? Did he die from cancer? Another rumor is that Jack may have died on 9/11. Maybe we won't find out this season though. The series has been renewed for 2 more seasons, so it may be something the producers hang onto for a while.

Ok that's all for this mailbag everyone. I appreciate all of the questions I get. Keep them coming!

If you have any questions about TV, you can email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column.

Follow Bill on Twitter @BillsTVTalk and on Facebook at Bills TV Talk for daily up-to-the-minute TV news and discussion.

Anti-Semitism Surges:
Where is it Coming From?

Dr. Charles Jacobs
VALLEY PATRIOT CONTRIBUTOR

News abounds of attacks on Jewish cemeteries and bomb threats to Jewish institutions all over the country. Nobody knows at the moment where this is coming from. It is quite easy to pick up a phone and call in a threat. Anyone could do it – a neo-Nazi or some bored, nasty adolescent. Tipping over tombstones requires a bit more risk taking.

Many in the Jewish community are quite upset, and with reason. But there is much more reason for worry than these latest events. For over two decades, anti-Semitism has been building on college campuses through mounting ideological assaults on the Jewish state. Indeed, today, hatred is becoming normalized as an aspect of the "social justice" movement.

These expressions of hatred on campus, unlike the anonymous phone called threats and the cowardly attacks on Jewish cemeteries at night, are done in broad daylight. Jewish students are being intimidated and humiliated and even assaulted. Their pro-Israel events are being disrupted, violently. My organization, Americans for Peace and Tolerance (APT) just released a documentary film about the assault on Jewish students on campus. Hate Spaces – the Politics of Intolerance on Campus brings up close and personal modern-day antisemitism with scenes of aggressive attacks on Jewish events. The film includes analyses of the nature and extent of the problem by prominent writers and scholars.

Anti-Semitism is a virus that morphs. The hatred we see on campus is a product of what scholars are calling "the new anti-Semitism." When I grew up, the enemies of Jewish people all came from the right: there were neo-Nazis, plain racist thugs, and Christian anti-Semites. But that was long ago. Although anti-Semitism from these sources may never entirely disappear, polls show today that most American Christians today are philo-Semites – they like Jewish people. Indeed, Christian Zionists are the best friends Israel has. Some rabbis say it is like a miracle that the Christians in America have become our most valued friends.

The new anti-Semitism comes from an alliance of the radical left and radical Islam. It's called the "red/green alliance" – red for the left, green for Islam. This is the force that is driving the Jews off the continent of Europe. In almost every European country, Jewish synagogues, schools and museums are ringed with military and/or police guards due to attacks mostly by Muslim immigrants – in alliance with radical anti-Israel leftists. The Jews are emigrating to America and Israel. Last week it was reported that two Jewish boys were surrounded and beaten.

DUKE: PAGE 22

DUKE: FROM PAGE 20

Gene Chandler had far too many songs to list here. His awards and accolades go on for a while, as well. Gene won the NATRA's Producer of the Year Award in August of 1970. In 2002 the song, "Duke of Earl" was inducted into Grammy Hall of Fame. Hope you enjoyed this one. His big hit has always been one of my favorites. Until next time. Keep tuning in!

Tune into Cindy's Vinyl Vault Sunday nights from 10 to midnight, Monday nights 11 to midnight, and Wednesday nights 10 to midnight for the best music from the 50s through the 70s ever placed on vinyl. Remember it's not how old it is, but how great it sounds.

MMS: FROM PAGE 19

setts Medical Society fully supports the local corrupt swamp and totally refuses to issue even a press release in support of Dr. Schwartz and other superb caring physicians presently being crushed by the reptiles in the institutionally corrupt swamp called the Board of Registration in Medicine.

At his first Address to the Joint Session of Congress, President Trump publicly again committed to "drain the swamp of government corruption."

The Massachusetts Medical Society has made as clear a declaration as can be that it is opposed to this effort. No wonder the Society, Maura Healey and Charlie Baker are such good friends.

Bharani Padmanabhan MD PhD is a neurologist specializing in multiple sclerosis in the Boston area. scleroplex@gmail.com

Sleep Yourself To Better Health

Rick Bellanti
VALLEY PATRIOT EXERCISE GURU

Sleep is something I struggled with my whole life, and to this day I still need a fan as background noise to help put me to sleep at night (actually two of them).

In the US there are over 40 million people that have a chronic sleep disorder, which is a disruption of a normal sleep pattern that is persistent and will last for more than three months. These are Insomnia, Restless Leg Syndrome (RLS), Sleep Apnea and Narcolepsy. The most common of the sleep disorders is insomnia, right there are over 70 million people who suffer from insomnia (me being one) and 29% of adults have reported to sleep less then six hours a night regularly.

There are two types of insomnia, Primary Insomnia: which is a condition where you are experiencing sleeplessness which is not related to any other heath issues and Secondary Insomnia: which is when you are having sleep problems due to health conditions such as asthma, heartburn, chronic pain, depression etc.

If you are experiencing Primary Insomnia, there are a variety of treatment options for it including: medications, relaxation techniques and aroma therapy to name a few, If you are experiencing Secondary Insomnia, then you should talk to your doctor and discuss what therapy option might be best for you, depending on the condition you currently have that is keeping you from a good nights sleep.

There are 18 million people who suffer from Sleep Apnea.

Sleep apnea is a common disorder were there are pauses in breathing because the airway collapses or becomes blocked during sleep this may occur up to twenty or thirty times in an hour. It is typically a chronic condition that disrupts your sleep and often as a result, the quality of your sleep is poor. It is more common in people who are overweight but it can affect anyone. Sleep apnea is a chronic condition that requires long-term management. Lifestyle changes, mouthpieces, surgery, and breathing devices can successfully treat sleep apnea in many people.

The number of people who suffer from Restless Leg Syndrome (RLS) in the US is 20 million. People who suffer from RLS have uncomfortable sensations in their legs with an uncontrollable urge to move their legs to relieve these sensations and for some people, this may cause a nightly sleep disruption that can significantly impair their quality of life. How do we treat RLS? With diet, exercise and simple lifestyle changes and decreasing the use of caffeine, alcohol and tobacco use may be helpful.

Right now in the US there are over 200,000 people suffering from narcolepsy, of daytime sleepiness. This condition is brought on by not sleeping well at night and some people who have the disorder fall asleep suddenly, even if they're in the middle of talking or eating. Narcolepsy has no cure, but medicine and lifestyle changes again can improve symptoms.

Sleep deprivation is a major cause when you've hit a plateau on your weight loss and can even lead to weight gain. Lack of sleep slows your metabolism and raises your level of cortisol in your brain. A few columns ago we talked about cortisol levels in your brain and how it is the stress hormone that stimulates hunger. Studies have shown that insufficient sleep can cause the release of additional cortisol making it even harder for you to lose weight. The recommended sleep for an individual is between 7 and 8 hours a night.

If you are having trouble getting your sleep in, you may want to try calcium and magnesium supplements both are natural sleep aids (A deficiency in magnesium has been shown to cause insomnia and restless leg syndrome). Melatonin is also a supplement (not a vitamin), and is available without a prescription and is sometimes used by some people to help them fall asleep.

Remember, a good nights sleep will help you in your journey to better health, helping you lose weight, keep you more alert during the day, improve your memory, reduce inflammation and reduce stress. Good-night and sleep well my friends.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160 lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here.

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WHAT IS HYPNOSIS?

Jerry Valley
VALLEY PATRIOT HYPNOTIST

The term Hypnosis comes from the Greek word "HYPNOS", which means to sleep. We know that hypnosis is not sleep. Let's discuss what hypnosis is not…

Hypnosis is not brain washing or mind control. It is not supernatural, paranormal, scary, or spooky. The hypnotist at no time controls the will of the client and can never make the client do anything that is a violation of the client's morals, values, ethics or beliefs. All of those myths and misconceptions are based upon how Hollywood has portrayed hypnosis in the movies and they are JUST NOT TRUE.

Hypnosis is a relaxed state of mind and body where the conscious mind, which is analytical, moves out of the way in order for beneficial suggestions to go directly into the subconscious mind, which is literal and acts just like a computer storing good programs. New beliefs are formed and new beneficial habits are developed. As long as those new suggestions, beliefs and habits are accepted by the client and that they are not in violation of any morals, values, ethics or beliefs. In that regard, no one can be hypnotized against their will. You need to be willing to enter the hypnotic state which is very enjoyable. Anyone can be hypnotized unless they are (1) under the influence of alcohol or illicit drugs, (2) They are suffering from a mental illness or have an I.Q. below 70, (3) They simply do not want to be hypnotized. Our clients want to be hypnotized to make changes in their life and they accept hypnosis as the fastest, easiest and most effective way to facilitate those changes.

If you want it to work, it will and hypnosis is easy, fun and very relaxing.

When you occupy the conscious mind, such as a beach or lake scene, it opens the door to the subconscious mind. The mind that controls our lives through our autonomic nervous system.

Here is how our 2 minds work: The conscious mind works only in the waking state. It is like the motor in a car and when that motor is shut off, your conscious mind shuts off also.

Now, the subconscious mind is always functioning and controls everything that the conscious mind imagines or visualizes. If the 2 minds are in conflict (disagreement), the subconscious always wins.

Let me explain how hypnosis works. The hypnotist does NOT take over your mind but acts as a guide and gives you the ability to visualize the things that you wish to happen. We believe that we become what we think about…..we move towards our dominant thought. If a person hold thoughts of stress and negative thoughts all day long, then that is exactly how he/she will feel.

If you hold pleasant thoughts and images then that will determine how you feel. Sometimes that is difficult to do when you might have issues that you are dealing with. But, if you take some time to sit, relax and imagine yourself in a beautiful relaxing scene, such as a beach or lake scene, the more vivid you make that picture in your mind the better chance you have to actually feel the relaxing results of that image.

In summation, most people actually go in and out of hypnosis on a daily basis. For example, when you are driving your car and you start to daydream so vividly, that you miss your exit. Constantly, we human beings are bombarded with negative and positive thoughts and feeling all day long. The secret is to dwell on the positive and wash the negatives away.

Now that you know whow your mind works, go out and have a great day!

ISRAEL: FROM PAGE 21

One has his fingers cut off by the thugs.

This same red/green alliance has been building on American campuses. It is led by Students for Justice in Palestine (SJP), a group with ties to the Hamas terror group. SJP's goal is to link the Palestinian cause to all the other social justice causes. So now there are many campuses where all of the "rights" groups: the blacks', womens', gays', and Asians' join in the assault on the Jewish state. (BTW: If a Christian group had an event to educate the community about the assault on Middle Eastern Christians by Islamic fundamentalists, this same alliance would likely target their event.)

We are screening our film across the country in an effort to educate the public and our elected officials. I write this from Denver where there have been three screenings in 2 days. The biggest crowd? At the Faith Bible Church!

Campus administrators need to extend to Jewish students the same protections that every other minority enjoys. There needs to be a safe learning environment for all groups.

You can see a trailer and some short clips at www.hatespaces.com.

HERO: FROM PAGE 1

mercial charter to Hawaii. From there they went to Guam and eventually on to Saigon. They finally arrived in Vietnam in December of 1968.

Rich was sent to an Engineering Unit in Vietnam. Their job was to provide combat support to the infantry units. They were in charge of the Search and Destroy missions. The villagers were given notice to evacuate and the Engineering Squads would move in to clear the area. This was done by burning everything down (villages, huts, etc) clearing booby traps, doing mine sweeps and destroying water wells. This was done by throwing grenades into the wells to cause them to cave in on themselves. Rich stated, "I threw two grenades into a well but they didn't explode." Along with another soldier, he grabbed a front end loader to bulldoze the well. But on the way, the front end loader accidently sliced open a body that was buried just below the ground's surface. The smell was putrid. Rich said he equates it with "the smell of burnt marijuana." Per Rich, "there was lots of pot smoke wafting through the air at night into the bunkers."

As stated earlier, Rich's unit provided combat support to the infantry as required but he never directly or deliberately had to shoot to kill. Rich told the story of how the children in the village would collect the discarded batteries the soldiers left behind. "They would take the fuses out of the artillery shells and the older teenagers would rig everything up. Under nightfall, they would lay the now live shells with trip wires." At daybreak, Rich and his unit were on watch and heard a loud explosion. They ran to the clearing to see the smoky remains of a jeep that had carried two MPs (one American and one Vietnamese). The jeep had tripped the wire. All that was left were chunks of human debris and a couple of jeep parts.

The soldiers always had to be on the lookout for Charlie aka the Viet Cong. They would sneak through fields, mud puddles and sandpits to perpetrate surprise attacks on Americans. These attacks would take place at night. When soldiers were on perimeter watch, Charlie would throw a satchel with a detonation charge blowing up the whole area. Rich's unit had to salvage timber from the bunkers that were mostly destroyed by the explosions. While salvaging, they would discover bits of body parts and charred remains of feet still in their boots. According to Rich, there were times the Viet Cong would slip up. "They would get caught in our barbwire fencing. Infantry soldiers would kill the ones still alive and leave the dead bodies on the wire as a warning to any approaching enemy."

Rich completed his one year tour of duty in December of 1969. He left with the rank of E5. He flew back to the states but did an additional sixteen months at Fort Bragg in North Carolina. Upon returning to Massachusetts, Rich stayed with his brother Charlie in a rented house in Nahant. He moved around over the years, renting apartments and continued to work for surveyor companies. In 1981, Rich married a lovely woman named Pat. They lived in Salem, MA but then Rich was laid off in 1989. There was a job available in Delaware, so Rich and Pat moved down there and stayed for ten years. They returned to Massachusetts and in 2001, bought a single family home in Lawrence.

Both Rich and Pat loved dogs and used to show them in competitions. They were married for thirty years when unfortunately in 2011, Pat passed away. According to Rich, Pat "posthumously" bought him a 35mm digital, single lens camera. Rich volunteers his time to The Valley Patriot. He does research, breaks stories and of course photographs all events. Rich has a Ham radio license. He is also involved in the local politics within the City of Lawrence where he still resides.

Unfortunately, Rich lost any pictures he had of himself from Vietnam in an apartment fire years ago. He still has his medals: National Defense service Medal, Vietnam service Medal and Vietnam Campaign medal with Device 60 – which indicates the decade Rich served in Vietnam. Vietnam is like another lifetime but according to Rich, if civilians want to see or experience some of the tragedies of the war – the movie most close to the reality of Vietnam is Apocalypse Now.

Rich doesn't actively participate in Vietnam veteran organizations. He does however visit J.t Torres's place at New England Veterans Liberty House on Canal Street in Lawrence. No doubt residents of Lawrence, North Andover and surrounding communities see Rich around the area, pointing his camera at something or someone for a Valley Patriot story. Next time you see Rich…say hello!

Thank you Rich Russell for your service to our country! And thank you for all you do for The Valley Patriot.

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NEWS FROM THE AMERICAN LEGION

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

There are a few ideas that I have noted in the past but I think it is the right time to bring them up again. Specifically, two proposed amendments to the U.S. Constitution.

One proposal has been around for a number of years – an amendment to allow Congress to pass legislation protecting the flag of our country. And that is basically all that has to be written in the amendment. In 1989, the U.S. Supreme Court said it was Freedom of Speech to be allowed to burn the flag. I am all for Freedom of Speech. As the American Legion Past National Commander from Massachusetts, Jake Comer has pointed out time and time again, you don't burn with your tongue!

The proposed amendment has passed the U.S. House of Representatives several times but falls short in the U.S. Senate, last time by one vote. Perhaps with new faces it will pass this time. The amendment would then go to each state legislature for a vote and then back to Congress. Our two U.S. Senators from Massachusetts have never voted in favor of this amendment and that includes Kerry and Kennedy. Some of the House members have voted in favor of it. Congresswoman Tsongas, as an example, did not vote in favor of it.

The other amendment I would suggest is term limits for Congress. We have term limits for the President, why not Congress? Too many stay in office for way too long. I would propose that members of the House serve no more that 5 four year terms and the Senate serve no more than four six year terms. As it is now, members of the House serve a 2 year term and spend too much time working to get re-elected.

New ideas are needed in Congress. The career politicians get way too full of themselves and don't listen to their constituents – you and me. Having said that, we citizens need to do a better job of letting our elected officials know what is on our mind.

Hopefully after this last election, elected officials have gotten the message that many in this country are not happy with the way things have been going and how the country was being managed. Just like the place you and I work, get the job done or you are out of a job!

And how about the N.E.Patriots winning the Super Bowl! Truly a game that will be rated the best in history. Nice to see so many thousands of fans turn out for the parade in Boston. It would be nicer if some of them turned out for the parades on Memorial Day and Veterans Day. I believe in one saying: My heroes wore/wear dog tags. Those who sacrificed for our freedoms are the ones who really deserve the recognition.

I want to make it known that my comments and opinions are mine alone and not that of The American Legion or any other organization.

May GOD bless our troops and their families. Bring them home safe.

John Lenotte, Past Commander American Legion Post 4 Haverhill MA, Past Commander District 8/Essex County, Past Commander, Department of MA. I may be reached by email at JohnLDistrict8@verizon.net

Perfect Love

Peter Larocque
VALLEY PATRIOT COLUMNIST

What is perfect love? Is it love between a mother and her newborn child? Is it parents protecting their sons and daughters from the dangers in today's world? Is it a parent working two or more jobs every day to put food on the table for his or her family? Is perfect love going out to help an elderly neighbor shovel snow or mow their lawn or go grocery shopping for them? All of these are wonderful acts of love and kindness and are all good. But I think that they all fall short of perfect love.

When it comes to expressions of love, one human being to another, the word perfect cannot be used to describe that love because none of us are perfect therefore disqualify ourselves from being able to love perfectly. In addition, the word perfect absolutely should not be used when referring to our love for God. Our love is always in a continuous change.

Our love will always fluctuate and will always be unstable and inconsistent. But God's love for us, the love that comes from God is perfect and stable and fixed and unchanging. As Christians we must continually keep our eyes on and focus on God's perfect love for us!

The following verses in 1 John 4:7-12, 16-19 shed light on what I am trying to convey here. 1John 4:7, "Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. 8 He that loveth not knoweth not God; for God is love. 9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.10 Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. 11 Beloved, if God so loved us, we ought also to love one another. 12 No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us. 16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. 19 We love him, because he first loved us."

First and foremost, God loved first! It was with His perfect love that He so loved the world with and that Love is why He sent us His Son. John 3:16, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." What enables us to love at any level is the truth that God loved first. It is because He loved us first, we can now love others.

This love that began with God and so perfectly exemplified in Jesus his Beloved Son and now dwells in us by His Spirit as we see in Romans 5:5, "And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us."

So in conclusion, we read in John 15: 13-14, "Greater love hath no man than this, that a man lay down his life for his friends. 14 Ye are my friends, if ye do whatsoever I command you." As Christians we are about to begin to celebrate the Passion of our Lord and Savior Jesus Christ, when and where he laid down his life for you and me.

At the Cross we see the Perfect Love of God in the giving of His only begotten Son to die in our place. We see The Love of God paying the Justice of God for all our sins, therefore, making every believer Righteous!

The Apostle Paul put this all in real personal terms when he wrote in Galatians 2:20, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." Jesus Christ loved me and gave himself for me, this is perfect love!

Next month we celebrate Resurrection Sunday! Our receipt that all our sins have been forgiven! Amen and Amen!!!!!

Remember you are loved!

Peter Larocque is married to wife Pam for 34 years, has 3 wonderful children, and is blessed with 3 grandchildren. He is a former Lawrence School Committee Member-2006-2009, and a Baker with Demoulas, Market Basket 16 + years. You can email Peter at peterlarocque@hotmail.com

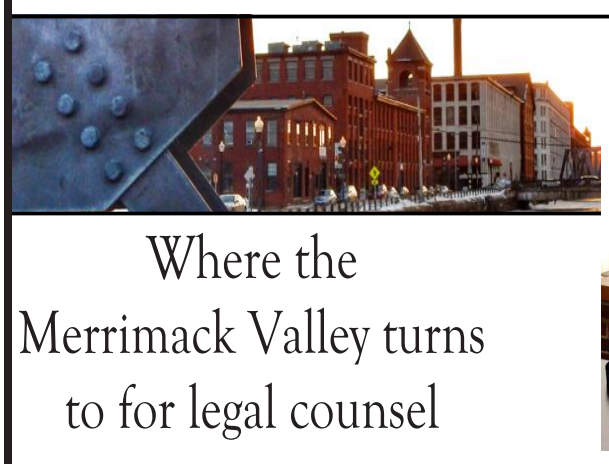
ISRAEL: FROM PAGE 17

burn us out of our homes, killing the fruits of the land and make it barren where it was once green, is not enough to disconnect the People of Israel from Zion.

Exile could not make the People of Israel forget Zion. Terrorism, even terrifying fires, cannot make us give up this land. Like countless times before, we will rebuild, plant new plants and grow better and stronger than ever before.

People can be killed. Trees can be burned. True love lasts forever.

Attorney Arthur Broadhurst



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POLICE: FROM PAGE 7

ing his name and sobbing."

"Once Justine showed me what he found, we learned that story was true. I can't thank him enough, he did a lot of work on this."

"I just wish I knew the story better. He was dead 23 years before I was born. Everything we know was handed down from my grandfather to my mother and then to us as kids."

A HISTORY OF SERVING

Daly comes from a long line of police officers. Not only did his great grandfather die in the line of duty, his grandfather was a Lawrence Police Officer who took (his father) Jeremiah's badge number 11. Officer Daly says his grandfather was a huge role model for him.

"That's why I became a cop," Daly said proudly. "It's also why I wanted to be a Lawrence cop. I worked for the Durham NH department for 17 years but I really wanted to work in Lawrence. I took the test quite a few times before I finally got on."

"First," he recalled "I didn't have residency in the city so I didn't get on. I took the test again as a resident, but that was when all the layoffs happened. By some miracle a reserve list was created from 2010 to 2014 and I sat on that list till I got on.

Asked if he was able to get his grandfather and great-grandfather's badge number (11) he said Lt. Flemming went on a hunt to find one, but the best they could come up with was badge #111.

"Hey, I'm happy with 111," he said proudly.

His great-grandfather Jeremiah O'Connor had three daughters, two of which are still alive. One lives in Methuen, the other in Exeter NH. A third great aunt passed away last week.

Not only was Lawrence Police Officer Frank Daly's great grandfather and grandfather both Lawrence Police Officers, his father was also a police officer in Florida before he retired. Daly also had another great aunt who was a cop.

Daly's grandmother's grandfather (great, great, grandfather) was a police constable in Lawrence in the 1800's, but he says it would be nearly impossible to find any records on his service.

Lawrence Police Officer Frank Daly said he loves being a Lawrence cop and considered the guys he works with to be "like superheroes."

"You see what these guys do on the streets every day and you shake your head at least once a day saying 'that was amazing.' When I tell my friends these guys patrol the streets sometimes with 6 guys for the whole city they don't believe it. But the guys out on the streets handle it better than anywhere I've ever seen.

Daly and his aunts will be honored at The Valley Patriot's 13th Anniversary BASH on March 24th at the Firefighter's Relief In, 1 Market St. in Lawrence at 6pm.

LAWRENCE: FROM PAGE 13

to run for mayor. Lastly, William Lantigua has come back from the DR to supposedly run for mayor. The man can't live in this city unless he holds an elected office. I take that back, he couldn't even sleep in Lawrence when he was an elected official. The only reason he comes to this city is to run for office. It's insulting.

It will cost Mr. Lantigua some money to get on the ballot. State law requires a candidate to be up to date with the Office of Political and Campaign Finance. As of this writing, he hasn't filed his end of year campaign finance reports for 2016. On February 22, he was sent a notice stating his fine was $825 and growing at a rate of $25 per day up to a maximum of $5000. I'm sure he has a good excuse.

KATZ: FROM PAGE 2

who would have been cops themselves or the children of officers, would have jumped to their feet to offer their praise as well, but not the Democrats of 2017. After their performance that evening any police officer who even thinks about supporting them should probably seek out some sort of professional help.

It turned especially ugly and painful as President Trump was honoring the memory of Navy Special Operator William Ryan Owens, a member of the famed Seal Team Six, who was killed in the line of duty in Yemen. His widow was in attendance as the special guest of First Lady Melania Trump. The President related the story of Ryan Owens and then proceeded to tell his grieving young widow that the Navy SEAL's legacy was "etched in to eternity" and with that everyone stood and applauded. Well, almost everyone. Legions of Democrats remained seated not offering even a perfunctory golf clap. No acknowledgment of this fallen American hero or any indication that they gave a rip about his young widow Carryn. There would have been a time, not long ago, when decent people on both sides of the aisle would have eagerly and honestly honored the sacrifices made by our fallen heroes and those they have left behind. But February 28th changed that.

It pains me to say it, but as I look at the Democrat Party, now under the leadership of radical extremists, I must channel the words of Kevin O'Leary and announce that it is now dead to me.

YOUR MONEY WITH ALEX TALCOTT

Controlling Health Care Costs in Retirement

Alex Talcott
VALLEY PATRIOT MONEY COLUMNIST

My mother is in her 40th year as a geriatric nurse, but it's no secret that health care becomes a bigger concern for most of us as we grow older. More ailments are likely to develop, which means more money spent to visit health professionals and buy medication. Even if you remain healthy through your later years, the costs of preventative care and preparing for potential unexpected health situations are rising.

Health-related expenses will likely be one of the biggest components of your retirement budget. You need to be prepared to pay for comprehensive insurance coverage and potential out-of-pocket costs for care. Here are three strategies to help you manage this critical expense in retirement.

Understand how Medicare works

The good news for Americans age 65 and older is that you qualify for Medicare. That makes increased dependence on health care services more affordable. At age 65, most people automatically qualify for Medicare Part A at no cost, which primarily provides coverage for hospital stays and skilled nursing care. Medicare Part B must be purchased (approximately $109 per month in 2017 for most retirees). Part B covers the costs of visiting a physician, but with some deductibles. Many people purchase additional coverage to use for out-of-pocket expenses, such as a Part D prescription drug plan or a Medicare Supplement policy.

With Medicare, timing is important. Signing up when you first qualify for coverage will keep costs at the lowest level. If you maintain insurance through your employer after turning 65, you can delay Medicare enrollment without risking late penalties.

If you retire prior to age 65, you will need to purchase insurance on the open market to cover health-related expenses until you become eligible for Medicare. Individual coverage tends to get more expensive as you grow older, so work the cost into your retirement budget. Some employers offer retiree health insurance as a benefit. Check with your human resources department to see if this option is available to you.

Allocate sufficient funds for health care costs

As you develop your retirement income strategy, make sure you have money set aside for health expenses that will be your responsibility. By one estimate, the average 66-year-old couple will need to tap more than half of their lifetime pre-tax Social Security benefits to pay for health care expenses throughout retirement1. Most people will likely have to rely, in part, on their own savings to help offset some medical expenses.

Along with other retirement savings, you may want to establish a health savings account (HSA) during your working years. HSAs are designed to help build tax-advantaged savings to pay for out-of-pocket medical expenses you incur during your working years. However, any leftover funds can be applied to health expenses later in life, including premiums for Medicare and long-term care insurance. Keep in mind that you must be enrolled in a high deductible health plan to open an HSA.

Focus on your own health

One way to potentially keep health care costs under control in retirement is to create or maintain a healthy lifestyle. Small changes you make today, such as eating right or prioritizing sleep, could reduce the likelihood that medical issues will impact you later in life. Being physically active may also benefit your finances in retirement – according to the American Heart Association, it could potentially help you save $500 a year today on health-related expenses2.

Having a plan doesn't guarantee that you will avoid heath issues, but you may find comfort in knowing how you can tackle health care costs in retirement.

Elizabeth O'Brien, "Here's What You'll Pay for Health Care in Retirement," Money, May 10, 2016. (http://time.com/money/4340299/what-youll-pay-health-care-in-retirement/)

2 Cliff Goldstein and Andrew Fitch, "5 Ways to Cut Health Care Costs in Retirement," USA Today, Nov. 1, 2014. (http://www.usatoday.com/story/money/personalfinance/2014/11/01/retire-health-care-medical-expenses/18186541/)

Alex Talcott, JD, is a Financial Advisor with Ameriprise Financial Services, Inc. in Portsmouth and Bedford, New Hampshire and Middleton, Massachusetts. He specializes in fee-based financial planning and asset management strategies and has been in practice for 10 years. To contact him: (603) 319-3108; 25 Chestnut St., Ste. 300N, Portsmouth, NH, 03801; www.ameripriseadvisors.com/alex.talcott

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Property Sales, Foreclosures for FEBRUARY, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

ANDOVER

Ramol Partners LLC, Mani Muthappan, 1 Launching Road, $575,000.00

Ramol Partners LLC, Amala Srinivasan, 1 Launching Road,

Nicole Irvin, Gerard & Katherine Santelli, 320 High Plain Road, $100,000.00

Thomas & Mary Leonard, Colleen Goddard, 51 Hidden Road, $1,140,000.00

S & M Santangelo Realty Trust, Legacy North Properties Inc., 27 Kirkland Drive, $325,000.00

Renee Rikeman, Daniel Rose, 34 Rutgers Road, $375,000.00

Renee Rikeman, Lawrence White, 34 Rutgers Road,

Patrick & Grace Maraghy, Michael Chen, 21 Buttonwood Drive, $1,680,000.00

Michael Feinman & Carol Finkelstein, Michael Feinman, 22 Railroad Street Unit 404, $125,000.00

Salvatore & Nina Dagostino, Anne Doyle, 1 Powder Mill Sq. Unit 209A, $315,000.00

Douglas Ahern & Janet Mitchell, Matthew & Patricia Mccafferty, 73-75 Chestnut Street Unit 1, $325,000.00

543 Lowell Realty Trust, MC Sweeney Development LLC, 543 Lowell Street, $300,000.00

Courtney Vareschi & Kristin Brown, Kimberlee Brown, 20 Washington Park Drive Unit 2, $163,500.00

Courtney Vareschi & Kristin Brown, Kevin Harron, 20 Washington Park Drive Unit 2,

Kenneth & Jodi Macdonald, Peter Li, 14 Acorn Street, $1,415,000.00

Kenneth & Jodi Macdonald, Jean Qiu, 14 Acorn Street,

Ronald Cuscia, George Gu, 10B-3 Colonial Drive, $177,500.00

Ronald Cuscia, Xuehong Yang, 10B-3 Colonial Drive,

Jillians Way LLC, Andrew & Jessica Yu, 4 Jillian Way, $854,999.00

Richard Keller, Kevin & Geraldine Kelley, 10 Cyr Circle, $664,000.00

Sydney I Rosenberg Realty Trust, Neil & Dana Rosenberg, 37 Chandler Road, $538,500.00

Andrew & Jessica Yu, Rehan Ahmed Mirza, 14 St James Street Unit 14, $590,000.00

Andrew & Jessica Yu, Nida Arif, 14 St James Street Unit 14,

69 North Street LLC, Hemanth & Sindhu Chinni, 21 Boardwalk Drive Unit 21, $584,900.00

30 Enfield Drive Realty Trust, Jessica Quach, 30 Enfield Drive, $540,000.00

30 Enfield Drive Realty Trust, Khai & Khanh Nguyen, 30 Enfield Drive,

2 Trumpeters Lane Realty Trust, Shannon Cronin, 2 Trumpeters Lane Unit 2-1, $870,000.00

Crowell Realty Trust, Thomas Fuerst, 24 Pomeroy Road, $157,400.00

Kyle Lawrence, Christopher Salvo, 3 Colonial Drive Unit B3-3, $139,000.00

69 North Street LLC, Ravidasa & Annapurna Hedge, 19 Boardwalk Drive Unit 19, $584,900.00

Maglia Family Revocable Living Trust, Salvatore & Nina Dagostino, 1 Powder Mill Sq. Unit 206A, $400,000.00

DB Realty Trust, Boston Catalyst Partners LLC, 1 Elm Sq. Unit 2C, $441,000.00

Gerard & Cynthia Vye, Michael Sallese, 73 Center Street, $348,500.00

Lars & Caroline Bjune, Carol & Alyssa Ywuc, 1100 Spring Valley Drive Unit F, $279,900.00

Terrance & Beth Kim, Bryan & Katherine Evans, 8 Sequoia Lane, $695,000.00

Campanelli Drive LLC, American Training Inc., 6 Campanelli Drive, $4,775,646

LAWRENCE

A G & J Realty Trust, Wadner Acosta, 391 Prospect Street, $425,000.00

Josue & Jennifer Cisneros, Ricardo Aldana, 8 Lynn Street, $233,000.00

Gail Amodio, Nunez LLC, 29-31 Carver Street, $150,000.00

R J & D Realty LLC, Luis Rafael Alberto Deleon, 10-12 Linden Street, $340,000.00

Mark & Katie Rurak, Margarita Delacruz, 28 W. Beacon Street Unit 1, $170,000.00

Mark & Katie Rurak, Esmeralda Soler, 28 W. Beacon Street Unit 1,

Sandeep Arora, N&W LLC, 23 Perry Avenue, $133,000.00

Willy Burgos, Rafael Delossantos, 24 Brook Street, $390,000.00

RB Asset Management LLC, Israel Franco, 9 Orange Avenue, $280,000.00

Ariel LLC, Jorge Frias Iona, 551-553 Haverhill Street, $335,000.00

Quest Realty LLC, Glandeliza Herrera, Woodland Street, $344,500.00

Moises & Tomas Infante, One Hardt LLC, 15 Water Street, $50,000.00

EZ Living LLC, Jennifer Malaney, 2 Market Street, $229,900.00

Charles Hope LLP, Charles Hope LLP, 5 School Street, $20,000.00

Reynaldo Rodriguez, Oliver Santana, 29-31 Brookfield Street, $395,000.00

R & J Family Realty trust LLC, Yesenia Santos Deguzman, 20 Knox Street Unit 20, $87,000.00

Melissa Nunez, Roger Matos, 61 Stevens Avenue Unit A, $185,000.00

Edward & Joyce Connor, Bruce Razin, 45 Chickering Street, $228,500.00

Ken Lai, Nelson Cardona, 109 A Chester Street Unit 1, $135,000.00

Mark W. Phetteplace, Correa Properties LLC, 10 Florence Avenue Unit 2, $105,000.00

Abelito Vargas, Juan Perez, 64 Jennings Street, $320,000.00

Ithaca Finace LLC, Lian Jiang Realty Trust, 312-314 South Union Street, $225,000.00

Andres Lanfranco, Rosa Taveras, 5-7 Portland Street, $460,000.00

Andrea Marte, Filiberto M. Deleon, 4-6 Brookfield Street, $304,500.00

Andrea Marte, Hercilia Deleon Barrios, 4-6 Brookfield Street,

Kathryn Valliere, Sixto Herrera, 18 Farley Street, $140,000.00

Mary & John Frazzetta, Anara LLC, 34 Phillips Street, $249,375.00

Edita Nunez, Celia Heredia, 237-239 High Street, $350,000.00

Edita Nunez, Manuel Melendez, 237-239 High Street,

RB Asset Management LLC, Carmen E. Rodriguez, 7 Orange Avenue, $279,900.00

Felix Mercado, Leonardo Saenz, 33 Maple Street Unit 25, $144,000.00

Chole LLC, Maxwell Trejo, 33 Springfield Street, $135,000.00

Pino Realty LLC, Wynn Management & Company LLC, 611 Common Street, $500,000.00

Ramon & Brian Almanzar, Dario Diaz, 109-113 Berkeley Street, $380,000.00

Luis & Rosaura Polanco, Michael Boyce, 62 Pleasant Street Unit 2, $350,000.00

US ROF III Legal Title Trust 2015-1, Natalie Garcia, 20 Warwick Ct., $160,000.00

Maria Garcia & Daury Delacruz, Yosmer Rojas, 322-324 Walnut Street, $399,000.00

Aura Cuevas-Acosta, Carlos Carrasco, 497-499 Andover Street, $378,000.00

CONTINUED PAGE 26

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Property Sales, Foreclosures for FEBRUARY, 2017 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

CONT. FROM PAGE 25

Y&H Commercial Properties LLC, Estervina Lopez, 13 Cedar Street, $375,000.00

Jazmin Gonzalez, Ruddy M. Gonzalez Cabral, 95-97 Ames Street, $350,000.00

Watchtower Bible & Tract Society of New York Inc., Raleigh Realty Trust, 25 Wendall Street, $219,900.00

Beato & Rosa Blanco, Yanet, Ramon, & Carolyn Valdez, 84-86 Oxford Street, $360,000.00

Bread & Roses Housing Inc, Javier Hiraldo, 41 Melvin Street, $80,000.00

Bread & Roses Housing Inc, Dinelsa Ynoa, 41 Melvin Street,

Ann Vitkauskas, Erving Santiago, 21 Crescent Street Unit 6, $140,000.00

Iris Delacruz, Jose Reyes Nunez, 214-216 Abbott Street, $410,000.00

Iris Delacruz, Maria Sanchez, 214-216 Abbott Street,

Emma Corez, Raul Jimenez-Caridad, 14 Congress Street, $200,000.00

Tim Ryan, Jaime Rodriguez, 38 Shuttuck Street, $163,000.00

Lemin Mancebo, Massiel Inoa, 304 Ames Street, $320,000.00

Patriots-Gus Real Estate LlC, Jessica Rivera, 34 Salem Street, $319,900.00

Lidia Disla, Styven & George Pena, 512 Lowell Street, $350,000.00

R & J Family Realty Trust II, Hector Gonzalez, 34 Maple Street, $72,000.00

Michael Curtis & Paul Pavidis, Jonathan Santiago, 44-46 Chester Street, $430,000.00

METHUEN

Antonio Amoroso, Claudio & Vianna Deoleo, 26 Erhardt Terrace, $315,000.00

Century Builders Inc., Anthony Moccia, 57 Dexter Street, $399,900.00

Winthrop Realty Trust, Josue Cisneros, 38 Elm Street, $357,500.00

Daniel & Dalila Melo, Marc & Chelsea Simone, 22 Cherry Hill Circle, $349,900.00

Henry & Michelle Rademacher, Morgan Katz, 2 Weisner Pkw., $263,000.00

Natasha Ahmed, Brian Tatem, 85 Lowell Street, $340,000.00

Maple Park Reserve LLC, Charle & Gabrielle Maroun, 7 Mariah Drive, $559,900.00

Donald & John Schmottlach, North Shore Real Estate Solutions LLC, 32 Shirley Avenue, $206,000.00

50 Albion Street Realty Trust, Luis Acosta & Juana Soto-Acosta, 50 Albion Street, $367,000.00

Dionis Development LLC, Eaglewood Development LLC, Hampshire Road, $400,000.00

Michael Duffy & Cathleen Davis, Scott Grande, 187-189 Lowell Street, $399,900.00

Estela Silva Arroyo & Ana Silva, Haughton 2015 Family Trust, 11 Vineyard Lane Unit 18, $287,000.00

Gayle Rousseau & Joseph Andrews, Jacqueline Rousseau, 3 Shady Lane, $200,000.00

Dominic & Isidra Dupuis, Anny Martinez & Natalie Gomez-Martinez, 1 Linton Avenue, $235,000.00

Brendon Forest, Jorge Ferreira & Luzia Bastos-Ferreira, 53 Benefit Street, $260,000.00

Dianne Marsan, Thuan & Toan Nguyen, 5 Sabrina Court, $550,000.00

Michael Dangelo, Maryann Hill, 65 Landing Drive Unit 65, $360,000.00

Eugene & Nancy Curley, Arthur Broadhurst, 119 Myrtle Street, $125,000.00

Michael Curtis & Paul Pavidis, Jonathan Santiago, 44-46 Chester Street, $430,000.00

John & Gerard Vaillancourt, Jack Sullivan, 63 Plymouth Street, $260,000.00

Yomaira Delacruz, Matthew Koskinen, 4 Thissel Street, $283,000.00

Peter Caruso & Guido Caraccio, Jose Torres, 62 Milk Street, $205,000.00

Peter Caruso & Guido Caraccio, Debra Latulippe, 62 Milk Street,

Toll MA IV LLC, Mary T. Mulligan Living Trust, 8 Sequoia Drive Unit 42, $638,317.00

Wilmington Savings Fund Society FSB, Wilmington Savings Fund Society FSB, 36 Morrison Ct., $238,120.12

Bank of New York Mellon TR, Bank of York Mellon TR, 5 Park Avenue Unit 1, $178,000.00

R & J Family Realty Trust II, Berkeley LLC, 66 Lawrence Street, $260,000.00

Joy Leocata-Pronovost, Michael Mccartney, 11 Hampshire Circle, $335,000.00

Joy Leocata-Pronovost, Corin Bourque, 11 Hampshire Circle,

Alcro Development LLC, Carmen & Annette Reitano, 6 Ashley Lane Unit 38, $195,000.00

Joseph Ohare & Michelle Wood, Matthew & Erin Sordillo, 20 Washington Street Unit 41, $190,000.00

Toll MA IV LLC, Mason Russell, 2 Tahoe Circle Unit 27, $778,913.00

Toll MA IV LLC, Susanne Nadeau, 2 Tahoe Circle Unit 27,

Toll MA IV LLC, Raymond & Pamela Begin, 1 Sequoia Dive Unit 105, $561,064.00

Associate Solutions lLC, Michael & Megan Abbasciano, 9 Partridge Road, $305,000.00

Mark, Anthony, & Elana Iannuccillo, Mary Elizabeth Iannuccillo-Owenby, & Christine Wallin, Marlena Ysalguez, 77 East Street, $233,000.00

Lynee Rose Wassouf, Abraham Ortega, 12 Queen Avenue, $280,000.00

Lesley Dorgan, Daniel Miller, 6 Copper Beech Lane, $500,000.00

Derek Montalto, Nina Difruscia, 18 Chemlsford Street Unit A, $163,000.00

Moises Valdez, Jacqueline Leclair, 7 Hazel Street, $278,000.00

Moises Valdez, Shawn Braveman,,

Shane & Juliana Foss, Alexia Bennett, 58 Temple Drive, $340,000.00

Jason & Maria Muise, Barbara George, 36 High Street, $370,000.00

NORTH ANDOVER

Marianne Wessling Resnick, Patricia Dane, & Francis Wessling, Laura & Jose Erazo, 16A Kingston Street Unit 115, $100,000.00

Bank of New York Mellon Tr., Adam Finn, 2 Walker Road Unit 4, $89,000.00

Bank of New York Mellon Tr., Senay Abbay, 2 Walker Road Unit 4,

Howard & Carol Moe, Marques Realty LLC, 115 Candlestick Road, $441,000.00

Sharon & Thomas Kendrew, Robert & Shannon Phillips, 85 Beverly Street Unit 85, $210,000.00

Marius & Ileana Micu, Brandon & Catherine Newman, 22 Belmont Street, $374,000.00

Leakhena Som, Maneesh Moota, 401 Massachusetts Avenue, $384,000.00

Leakhena Som, Tanvi Paripelli, 401 Massachusetts Avenue,

Joseph & Deborah Cronin, Annette Devejian, 3 Millpond, $369,900.00

Michael Frongillo, Pamela & Edward McMahon, 33 Millpond, $255,000.00

Luisa Quaceci-Antonopoulos, Ronald Cuscia, 16 May Street Unit 16, $135,000.00

Son Hong Truong, Galina Feldman, 15 Palomino Drive, $645,000.00

Jamol LLC, Koon Wong, 155-157 Water Street Unit 2, $260,000.00

Jamol LLC, Ha Tran, 155-157 Water Street Unit 2,

Mark & Susan Wilson, Philip & Kelly Paicopolos, 33 Kingston Street Unit 103, $211,033.00

Laura Medola, Rosaria & Sarah Geremia, Mary Mccomish, 14 Inglewood Street, $228,000.00

Bishop Gatsi, Kristen Conti, 5 Ellis Ct. Unit 4, $285,000.00

Marguerite, Raymond, Daniel & Timonthy Giard, Linda Dimperio, & Jeannine Nadeau, Tag Realty Trust, 130 Appleton Street, $469,900.00

Glen & Andrea Fitzpatrick, Martin & Valerie Ferry, 497 Foster Street, $25,000.00

Harley Realty LLC, Robert Cipro, 14 May Street Unit 14, $150,000.00

Rebecca Reynolds Living Trust, Ileana & Marius Micu, 4 Andrew Circle, $280,000.00

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Saturday, March 4, from 11:00 A.M. to 4:00 P.M.
Friday, March 10, from 4P.M. to 8:00 P.M
Saturday, March 18, from 1A.M. to 4:00 P.M.

Where: CENTRAL CATHOLIC HIGH SCHOOL, 300 HAMPSHIRE ST. LAWRENCE. GO INTO PARKING LOT, USE MAIN GYM ENTRANCE.

When: Saturday, March 11, from 10:00 A.M. to 4:00 P.M.

T-Ball Teams	Boys & Girls	Ages 4 to 7	Registration Fee	$55.00
Cal Ripken & L.L.	Boys & Girls	Ages 8 to 12	Registration Fee	$75.00
Babe Ruth Teams	Boys & GIRLS	Ages 13 to 18	Registration Fee	$95.00
			Family Plan	$170.00

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